

Overview

Join our life changing Manaslu Trek with carefully planned itinerary and inclusive tour price with complete services including local guide, permit and all the necessities for the year 2020 and 2021.

The journey of Manaslu Circuit Trek starts from Soti Khola at the altitude of 700 meters from sea level, is a charming village at the bank of Budhi Gandaki river. From lush rice paddies terraced fields with water buffalo and thatched huts, we walk north along the incredible, mountain-capped high route, through sprawling Gurung villages perched on high, terraced hilltops covered in Rhododendron, to reach Kutang, or lower Nubri. Here the ethnically Tibetan inhabitants speak their own dialect, partly Tibetan and partly Gurung, and live a lifestyle that spans Nepal and Tibet.

Trekking to Manaslu Circuit is ever higher to upper Nubri, purely Tibetan culture and tradition; we share the trails with yak caravans. Here, trade with Tibet continues as it has for centuries and Tibetan villages have been forged from the wilderness by Tibetan refugees. Inspiring mountain panoramas, dominated by Manaslu itself, are a highlight of the trek as are day hike to Pun Gyen Gompa, Manaslu Base Camp from Sama Gaun and Rui La, a traditional trade route to Tibet at the Nepal-Tibet boarder from Samdo Village, the valley above Samdo near the border of Tibet and the epic crossing the snow-covered Manaslu Larke Pass to Bimtang and Manang region of the Annapurna circuit is life time experiences. This rapid Manaslu Circuit Trek program is planned for those fit and strong people already acclimatized in the Alps or Himalaya with previous trekking experience that allows to experience marvelous Manaslu region in short period of time. If you are looking for relaxing and leisure [Manaslu trek](#) we recommend you to chose our 18 days around Manaslu trek program that allows to have proper acclimatization process and trek without rush or Manaslu Trek via Tsum Valley that requires minimum 21 days to complete the trek.

What makes Manaslu Circuit Trek special?

According to trekking professional mark the Manaslu Circuit Trek best among the best treks in Nepal. Although it's recent grow in popularity, the Manaslu Trek remains remote and less crowded compared to the well established teahouse treks in Nepal. The trek takes you around mount Manaslu, the world's eighth highest peak at 8,163 meters (26,781 ft).

Main features of this trek are:

- It is very popular but still less crowded compared to peers Annapurna Circuit or Everest Base Camp. The word is getting out about Manaslu, but there are still about 10 times fewer trekkers on the Manaslu Trail.
- Manaslu circuit offers wild and wilderness experience with authentic local culture and people but not it is no more camping trek but a tea hose trek (lodge to lodge

trek).

- Manaslu trek is easily accessed, no stressful domestic flights required.
- The first part of the trail follows the Buri Gandaki, a deep, long river gorge, with many suspension bridge crossings.
- This trek fulfills all the taste of Nepal: you'll walk from the subtropical jungle at lower altitudes, through the Himalayan foothills to alpine zone, cold and daring crossing of the Larkya Pass above 5100 meters (17,000 ft).

Accessing Manaslu Circuit

Local buses depart every morning from Kathmandu to Arughat and Soti Khola. If you are trekking around Dashain festival; they are overload as more than two million people leave Kathmandu Valley for various destinations to celebrate Dashain festival and visiting their families back to home in the villages during the holiday. It is hard to get a seat in buses for quick last our booking if your trek is around Dashain that usually falls in September and October. Except around festival time there are easy available of buses. If you prefer comfortable ride to trekking starting point, we can arrange a private jeep that can be faster and convenience will cost around USD 190 to Arughat and USD 210 to Soti Khola

How will be local buses

Local buses are often full of passenger, even in the passage too. They stop many times to take people in and dropping them off. It is usual that local people travel with basket of vegetable, sometimes chicken and bag of rice. Drivers play non-stop music during the journey. You might find less leg-room as it is sized to Asian people. Still many of our western clients used it, it is good if you want to experience the local and don't mind do like as locals do. And of course it comes cheap cost.

What is the tour cost will be?

Yes, this question can be the first among many Manaslu circuit trek questions. To answer this question; we need to know your trekking requirements. Our standard package price is 895 per person in two people sharing basis for 12 days. The price includes guide, porter, meals, lodges, permits and sharing local bus and local jeep sharing after the trek.

The cost varies in flowing cases.

- If you choose private vehicle instead of local bus.
- Group size, yes group size differs the price, the group is bigger it is cheaper.
- Many people like private group in term of making itinerary flexible.
- Duration of trek, selection of trekking day matters the price.
- Camping trek is expensive than teahouse trek.
- Unlimited services like asking for appetizer, pots of tea, hot bags etc that will cost extra.
- Including a accommodation, meals, transfers and sightseeing in Kathmandu.

How long is Manaslu Circuit Trek in fact?

It is 177 km in distance also it differs from where you start your trek and where you end the walking, in other hand Nepal is the country where trekking distance is measured in days. Usually Manaslu Circuit trek is 12 - 18 days. If you include more side visit, it needs more extra days. Side trip to [Tsum Valley Trek](#) requires one week extra, and there are many other day long [side trip destinations](#) like Kaal Taal (Death Lake), Hinang Gompa, Himalchuli Base Camp, Manaslu Base Camp, Pungyen Gompa, Lajung La etc. Hence; the itinerary is determined according to the time you have, your interest and your previous trekking habit and physical fitness etc. Our 12 days pre-set trip is short version of Manaslu trek that meets budget and time frame of moderate trekkers. For customized trip, please contact us.

Outline Itinerary

Day 01 : Drive to Soti Khola (700m) from Kathmandu

Day 02 : Trek to Machha Khola (869m)

Day 03 : Trek to Jagat (1340m).

Day 04 : Trek to Deng (1860m)

Day 05 : Trek to Namrung (2630m)

Day 06 : Trek to Sama Gaun (3520m)

Day 07 : Rest and acclimatization day at Sama Gaun

Day 08 : Trek to Samdo (3860m).

Day 09 : Trek to Larke Rest home aka Dharmasaala (4460m).

Day 10 : Trek to Bimtang (3750m) via Larke Pass (5160m).

Day 11 : Trek to Dharapani (1963m)

Day 12 : Drive to Besi Sahar – Kathmandu

Cost Includes

- One government registered local friendly trekking guide.
- An assistant guide if group size exceed more than 6 people.
- One sharing porter between two trekkers to carry your main pack (weight limit 20 kg).

- All meals: breakfast, lunch and dinner during the trek.
- Tea, coffee, cookies and fresh fruits during the trek.
- All ground local transportation, group first aid kit and water purifier.
- Sharing twin/double bed room accommodation in trekking lodges during the trek.
- Food, accommodation, salary of the guide and porters.
- One complimentary Manaslu Trekking Map
- All necessary Manaslu Trekking Permits.
- Insurance and trekking gear for guide and porters.
- Office service charge, government tax and vat etc.

Cost Excludes

- Transfers, accommodation and meals in Kathmandu.
- Guided sightseeing and monument fees in Kathmandu
- All bar bills and beverages such as coke, fanta, mineral water and laundry service.
- Hot shower, hot water, internet and phone calls.
- Toiletries and personal nature expenses.
- Personal travel insurance and equipment.
- Rescue operation charge in case of emergency (we arrange rescue on request).
- Gratitude and tips for your guide, porter.