

## Overview

***Join our life-changing Manaslu Circuit Trekking with an 11-day short itinerary and inclusive tour price with complete services including a local guide, permit, and all the necessities for the years 2024 and 2025.***

Manaslu Circuit Trek starts from Soti Khola at an altitude of 700 meters from sea level and is a charming village on the bank of the 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 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 hikes to Pun Gyen Gompa, Manaslu Base Camp from Sama Gaun and Rui La, a traditional trade route to Tibet at the Nepal-Tibet border 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 lifetime 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 a relaxing and leisure [Manaslu trek](#) we recommend you choose our 18 days around Manaslu trek program which allows you to have a proper acclimatization process and trek without rush or the Manaslu Trek via Tsum Valley requires a minimum of 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 recently grown 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).

The main features of this trek are:

- It is very popular but still less crowded compared to peers at 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 experiences with authentic local culture and people but it is no more a camping trek but a tea hose trek (lodge-to-lodge trek).

- Manaslu trek is easily accessed, and no stressful domestic flights are 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 the alpine zone, the cold and daring crossing of the Larkya Pass above 5100 meters (17,000 ft).

### How to get Manaslu Circuit?

Public buses leave every day in the morning between 6 to 7 am from Kathmandu to Arughat -Soti Khola. If you are trekking around the Dashain festival; local buses are overloaded as more than two million people leave Kathmandu Valley for various destinations to celebrate the Dashain festival and visit their families back home in the villages during the holiday. It is hard to get a seat in buses for the last hour booking if your trek is around festival that usually falls at the end of September and October. Except around festival time; there are easily available bus seats. If you prefer comfortable ride to trekking starting point, we can arrange a private jeep that can be faster and comfortable and will cost around USD 195 to Machha Khola. .

### The alternative Manaslu Circuit Trek Route & Trail to avoid road

Now; the Nepal army has been constructing the road since 2014 the government plans to link roads to the Tibet border. So because of road construction, the first part of the Manaslu Trekking trail has been affected and trekkers have to walk on unsealed roads for the first 2 days. And soon in the future; they will build the road even further up to Sama Gaun and then link to China (Tibet). A new alternative trail has been researched through the village of Arughat (600m) - Manbu – Kashi Gaon (1800) – Kerauja (2075m) meter) and finally conjoining to the main Manaslu route at Dovan this new trail has basic logistics and trekking is more aerobic since it involves much up and down but this “off the beaten trail” rewards with experience of various ethnic of Ghale, Magar, and Gurung people, villages and real culture. Trekking through alternative trails will need a couple of extra days so your Manaslu trek will be around two weeks long.

### Transportation to Manaslu Trekking?

Local buses are often full of passengers, even in the passage too. They stop many times to take people in and drop them off. Usually, 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 legroom as it is sized for Asian people. Still, many of our western clients used it, it is good if you want to experience the local and don't mind doing like as locals do. And of course, it comes cheap cost.

### What will be the Manaslu Circuit Trek Cost?

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

USD 939 per person on a minimum two-person sharing basis for 11 days. The price includes a guide, porter, meals, lodges, permits and sharing local bus and local jeep sharing after the trek.

**The cost varies in the following cases.**

- If you choose a private vehicle instead of the local bus.
- Group size: Yes group size differs the price, the group is bigger the cost is cheaper.
- Many people prefer private groups in terms of making itinerary flexible.
- The duration of the trek, and the selection of trekking day matter the trip cost.
- Camping trek is more expensive than teahouse trek comparing price.
- Extra services like including appetizers, hot table drinks in pots, hot bags, etc will cost extra.
- Including accommodation, meals, transfers, and sightseeing in Kathmandu.

**How long is the Manaslu Circuit Trek?**

It is 177 km in distance also it differs from where you start your trek and where you end the walking, On the other hand, Nepal is the country where trekking distance is measured in days. Usually, the Manaslu Circuit trek is 12 - 14 days. If you include more side visits, 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](#) such as [Serang Gonpa](#), 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 11-day pre-set trip is a short version of the Manaslu trek that meets your budget and the time frame of moderate trekkers. For customized trips, please [contact us](#).

**Highlights**

- A scenic ride through charming landscape to Machha Khola from Kathmandu.
- Trek around world's eighth highest Mountain; Mount Manaslu (8163m)
- Short and best itinerary for fit and adventure trekking passionates.
- Manaslu Route; the blend of culture and natural heritages.
- Hike through the Budhi Gandaki River gorge
- Pass through the dramatic Larke Pass that offer memorizing panoramic view
- A life changing mountain holiday
- Value for money and all-inclusive package

**Outline Itinerary**

**Day 01 : Drive to Machha Khola (869m) from Kathmandu**

**Day 02 : Trek to Jagat (1340m).**

**Day 03 : Trek to Deng (1860m)**

**Day 04 : Trek to Namrung (2630m)**

**Day 05 : Trek to Sama Gaun ( 3520m)**

**Day 06 : Rest and acclimatization day at Sama Gaun**

**Day 07 : Trek to Samdo (3860m).**

**Day 08 : Trek to Larke Rest home aka Dharmasaala (4460m).**

**Day 09 : Trek to Bimtang (3750m) via Larke Pass (5160m).**

**Day 10 : Trek to Tilche (2300m)**

**Day 11 : 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).
- Tips for your guide/porter.