

18 Days Manaslu Circuit Trek

TRIP OVERVIEW



Trip profile
18 Day Manaslu Circuit Trek



Cost
USD 2490



Type
Trekking



Trek Days
18 Days



Accommodation
3 star hotel in Kathmandu and Teahouse during trek



Meal
All meals (breakfast, lunch, dinner) included

What's included ?

- Airport pick up & drop off service by a private tourist vehicle
- All ground transportation on a comfortable private vehicle as per the itinerary
- All necessary paperwork and trekking permits (National Park Permit, TIMS)
- An experienced, English-speaking and government-licensed trekking Guide
- Down jacket, sleeping bag(to be returned after the trek use) Free T-shirt
- Experienced English speaking tour guide
- Free Trip dossiers & other information in a printable format
- OPEN & CHOICE: All meals(B,L,D) on trek including tea & coffee
- Porter service (2 trekkers: 1 porter)
- Sightseeing in Kathmandu Based on your picks (Any 4), with entrance fees by private vehicle
- Signature Accommodations-Best Available in the mountains
- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- Welcome and farewell dinner at finest local restaurant

What's excluded ?

- International airfare to and from Kathmandu
- Meals in the city except for breakfast and other mentioned special dinner.
- Nepalese visa fee
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Travel and rescue insurance

Day 1: Arrive at Kathmandu

We are delighted to provide an airport pickup service as an innovative customer offering, so our chauffeur will assist you with baggage & escort you to your Hotel. He will also help you with the check-in. Later in the evening, we will be hosting a welcome dinner

Highlights: Music, Cultural dance, the lively Thamel, one-stop shop for backpackers, clubs & pubs, an array of restaurants.

Accommodation: Kathmandu 4 star hotel.

Elevation: 1,400 metres

Day 2: Sightseeing in Kathmandu

Highlights: Any 4 World Heritage sites:

Pashupatinath, Boudhanath Stupa, Swayambhunath and Patan Durbar Square, Bhaktapur Durbar Square, Basantapur Durbar Square

Accommodation: 4-star Hotel

Day 3: Drive to Soti Khola

Driving hours: 9

Difficulty: Easy

Accommodation: Basic Teahouse

Elevation: 700m

Topography: countryside ways, rough road

Highlights: Budhi Gandaki valley, Arkhet Khola, suspension bridge, cascading waterfall

Meals provided: breakfast, Lunch, Dinner

Day 4: Trek from Soti Khola to Maccha Khola

Walking hours: 6

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 870m

Topography: rocky trail, steep inclines, open valleys

Highlights: rice terraces, beautiful Sal forests, tropical waterfalls, Gurung village, Machha Khola village

Meals provided: Breakfast, Lunch, Dinner

Day 5: Trek to Jagat

Walking hours: 6-7

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 1,410m

Topography: Gradual ups and downs, trail climbs, rugged trail, stone stairs

Highlights: hot spring, Budhi Gandaki, Dobhan Khola, suspension bridges, the village of Jagat

Meals provided: Breakfast, Lunch, Dinn

Day 6: Jagat to Deng

Walking hours: 6-7

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 1,804m

Topography: rocky trail, short descends, crossing millet fields, grassy land slopes

Highlights: bamboo forests, Budhi Gandaki, long suspension bridge, Gurung village

Meals provided: Breakfast, Lunch, Dinner

Day 7: Trek to Namrung

Walking hours: 6-7

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 2630m

Topography: forested lands, river banks paths, steep climbs

Highlights: Budhi Gandaki valley, beautiful Prok village, gompas, view-Siringi Himal

Meals provided: Breakfast, Lunch, Dinner

Day 8: Trek to Samagaon

Walking hours: 5-6

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 3,525m

Topography: Forested lands, uphill climb,

Highlights: Explore Buddhist culture, Views-Simnang Himal & Ganesh Himal, Mt. Manaslu Himal Chuli, Peak 29 and Ganesh Himal

Meals provided: Breakfast, Lunch, Dinner

Day 9: Rest Day / Side Trips (Birendra Tal Glacier Lake / MBC)

Today is the rest day for acclimatization. Before heading towards the higher elevation, its always wise decision to take a day off. We will explore Samagaon or take an optional hike to Birendra Tal

Day 10: Trek to Samdo

Walking hours: 3-4

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 3,800m

Topography: steep climb, Forested lands, riverbanks paths,

Highlights: Larkya la Trail, mani walls, juniper and birch forests, Kermo Kharka

Meals provided: Breakfast, Lunch, Dinner

Day 11: Rest day / Side trip to Tibet border (Rui La)

Today is another rest day for us to acclimatize. Explore the Samdo village or take an optional hike to one of the trade passes- Tibet Border. Take a time to mesmerize the views of Mt. Manaslu along with other Himalayan vistas- Hiunchuli, Ngadi, Larkya Peak, Cheo & Kang Guru

Day 12: Trek from Samdo to Dharmasala

Walking hours: 4-5

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 4,460m

Topography: river crossing, steep inclines,

Highlights: Larkya Glacier, Salka Khola, Larke Phedi, Stone Hut

Meals provided: Breakfast, Lunch, Dinner

Day 13: Dharmasala to Larke pass to Bimtang

Walking hours: 7-8

Difficulty: Strenuous/Difficult

Accommodation: Basic Guesthouse

Elevation: 5,160m at Larke pass & Bimtang (3720m)

Topography: gradual ascent, Glacier walk, steep inclines,

Highlights: Views from Cho Danda and Larkya Peak, Himlung Himal, Cheo Himal, Kangguru, Annapurna II, Mt. Manaslu

Meals provided: Breakfast, Lunch, Dinner

Day 14: Trek from Bimthang to Tilje

Walking hours: 5-6

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 2100m

Topography: Long descends, narrow trail, Farmlands, steep climb, river banks,

Highlights: Dudh Khola, rhododendron forest, Valley at Karche, village Gho

Meals provided: Breakfast, Lunch, Dinner

Day 15: Trek to Dharapani or Besisahar

Walking hours: 2-3: Dharapani & 6-7 to Besisahar

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 1,860m at Dharapani, 760m at Besisahar

Topography: Shady forests paths, steep rocky trails

Highlights: tropical forests, streams, waterfalls, rivers, suspension bridges

Meals provided: Breakfast, Lunch, Dinner

Day 16: Drive back to Kathmandu

Driving hours: 6

Difficulty: Easy

Accommodation: 4-star Hotel

Topography: typical countryside paths, smooth road

Highlights: Green Forests, Hills, rivers

Day 17: Free day at Kathmandu

Today is a leisure day in Kathmandu. This day adds flexibility on your schedule to enjoy souvenir shopping or wander around

streets of Thamel.

Day 18: Transfer to International Airport for departure

Today as per your flight schedule, our chauffeur will take you to the airport from this amazing country Nepal.

