

Manaslu Circuit Short Trek



Duration :	10 Days
Group Size:	1-10
Max. Elevation:	5160 M, Larkya La Pass
Best Season	March - May and Sep - Nov
Trip Grade	Moderate
Transportation	Public Transportation
Meals	B+L+D
Trip Route	Kathmandu - Machha Khola - Jagat - Deng- Namrung- Lho - Samagaun - Samdo - Dharmasala - Bhimthang - Tilje -Kathmandu

Trip Overview

Manaslu Circuit Short Trek provides an excellent scenic view of the Himalayas, particularly of Mt. Manaslu (8,163m), the eighth-highest peak in the world. It is a nature, cultural, and fairly strenuous ten-day trek. Located to have a closer look at the 'Himalayan culture' influenced by the Tibetan way of life, this trek takes



you through remote villages, green forests, and tough terrains with deep gorges.

This trek is suitable for individuals who have a short vacation but are looking to enjoy trekking in the Himalayas. Sights are Larkya La Pass at 5,160 m, the majestic & beautiful Himalayan range, and the incredibly rich flora and fauna. Through this trek, if done with the right permits and guided properly, it will be a memory to behold.

The trip to Manaslu is by far the most serene and enjoyable mountain trek in Nepal, though all of them are quite enjoyable. This **Manaslu Trek** is less busy than **Everest Base Camp** (EBC) or Annapurna Base Camp (ABC), despite having opened almost thirty years ago.

So, where does the Manaslu Circuit Trek begin? First, take a plane from your own country to Kathmandu, and we'll meet you at the airport. We take an early morning trip to Maccha Khola after spending the night in Kathmandu. We continue on the path from Jagat to Deng, Namrung to Samagaon, from here.

Trip Grade: Health, fitness, and medical

The difficulties of the Manaslu circuit short trek in Nepal have already been discussed. You must therefore be in good physical condition. You will walk for six to seven hours every day to cover the 177 km.

A trekker needs to be ready to climb, descend, and walk on uneven terrain. For the Nepalese Manaslu circuit trek, you need to be physically fit. Before the Manaslu Trek, do some cycling and cardio to build up your leg strength and endurance.

It is advised that individuals with serious medical conditions stay away from the hike. Additionally, those who suffer from pressure issues need to take care of their bodies because this can be problematic at high elevations.

Outline itinerary

00: Arrival in International Airport Nepal 1350m.

Time: 30:00M **Drive Accomodation:** Hotel

00: Permit Preparation Day in Kathmandu 1350mtrs.

Meals: B **Accomodation:** Hotel

01: Drive from Kathmandu to Machhakhola 869 Meter.

Time: 7-8 hours/155KM **Meals:** B+L+D **Accomodation:** Lodge

02: Trek from Machhakhola to Jagat (1,410m) via Khorla Bensi and Dovan

Time: 6-7 Hours Walk/17.5KM **Meals:** B+L+D **Accomodation:** Lodge

03: Trek from Jagat to Deng (1,350m) via Pewa

Time: 6-7 hours/18.5KM **Meals:** B+L+D **Accommodation:** Lodge

04: Trek from Deng to Namrung (2,165m) via Rana and Bihi Phedi

Time: 5-6 hours/17KM **Meals:** B+L+D **Accommodation:** Lodge

05: Trek from Namrung to Samagaun (3,525m) via Lihi

Time: 6-7 hours/17KM **Meals:** B+L+D **Accommodation:** Lodge

06: Trek from Samagaun to Samdo 3,875 Meter

Time: 3-4 hours walk/8.2KM **Meals:** B+L+D **Accommodation:** Lodge

07: Trek from Samdo to Dharamsala (4,460m) via Larkye Bazaar

Time: 3-4 hours/6.5KM **Meals:** B+L+D **Accommodation:** Lodge

08: Cross Larkya La Pass (5,160m) and trek to Bimthang 3,590 Meer

Time: 7-8 hours walk/16KM **Meals:** B+L+D **Accommodation:** Lodge

09: Trek from Bimthang to Tilije (2,300m) via Yak Kharka and Gho

Time: 6-7 hours/18KM **Meals:** B+L+D **Accommodation:** Lodge

10: Drive from Tilije to Besisahar by public jeep and Kathmandu by public bus

Time: 9-10 Hours drive/225KM **Meals:** B+L+D **Accommodation:** Lodge

Costs Included

- International airport picks up and drops service.
- 2 Nights standard hotel in Kathmandu in BB plan.
- Bus ticket to Machha Khola by public bus.
- Dharapani to Beissahar by public jeep.
- Deluxe bus Besisahar to Kathmandu
- Three meals daily (Breakfast, Lunch, and Dinner along the trek).
- Lodge accommodation on the way.
- An experienced guide (including his salary, equipment, insurance, transportation, lodging, and food)
- Equipment; Down Jacket, Sleeping Bag.
- Legal documents (MCAP permit, ACAP, and Manaslu restricted area permit).

- Local government entry fee.
- All government taxes.
- Trekking map.
- Trekking duffle bag if needed.
- First aid medical box.
- Some fresh and dry fruits along the trek.
- Token of love from the company.
- Farewell, lunch/dinner is a suitable time.

Cost Excluded

- Extra night accommodation in Kathmandu.
- Travel insurance.
- Porter services; if you need them, we are happy to organize them for you.
- Hot and Cold drinks such as; Tea/Coffee, Coke, Mineral Water, Beer, etc.
- Personal expenses (laundry, bar bill, telephone, extra helper, battery charge shower, and boiled water).
- Tips are expected.



Your Journey day by day

00: Arrival in International Airport Nepal 1350m.

Time: 30:00M Drive **Accommodation:** Hotel

We will personally welcome you at the airport in Kathmandu's Tribhuvan International Airport. You will be driven to your hotel for lunch and then be taken through all the necessary preparations for the expedition. Additional briefings on the trek shall be made in the evening.

00: Permit Preparation Day in Kathmandu 1350mtrs.

Meals: B **Accommodation:** Hotel

The day shall be spent in processes to obtain the necessary permit to undertake the trek. It's important to spend some time wandering around the streets of the Nepalese

capital, or it's also a good time to make final preparations for the trek.

01: Drive from Kathmandu to Machhakhola 869 Meter.

Time: 7-8 hours/155KM **Meals:** B+L+D **Accommodation:** Lodge

The journey starts by driving along some steep hills and rivers to the district of Machhakhola. The route provides an opportunity to see countryside areas, and view some of the rice terracing and small villages of Nepal.

02: Trek from Machhakhola to Jagat (1,410m) via Khorla Bensi and Dovan

Time: 6-7 Hours Walk/17.5KM **Meals:** B+L+D **Accommodation:** Lodge

The exploration for today involves crossing suspension bridges, going through the forest area, and also visiting typical villages such as Khorla Bensi and Dovan. You will get to Jagat, a beautiful village that has got Tibetan architecture and culture influence.

03: Trek from Jagat to Deng (1,350m) via Pawa

Time: 6-7 hours/18.5KM **Meals:** B+L+D **Accommodation:** Lodge

The trail goes up and down across the greenish vegetation and beautiful waterfalls, and calm countryside. As you get closer to Deng the culture of Tibetan Buddhism becomes more evident.

04: Trek from Deng to Namrung (2,165m) via Rana and Bihi Phedi

Time: 5-6 hours/17KM **Meals:** B+L+D **Accommodation:** Lodge

Proud to have seen a variety of locations, including riverbanks, rice paddies and some rich dominant forests. Namrung has outstanding view of the mountains with beautiful scenery and it is an appropriate place to explore the local cultures.

05: Trek from Namrung to Samagaun (3,525m) via Lihi

Time: 6-7 hours/17KM **Meals:** B+L+D **Accommodation:** Lodge

Travelling through villages such as Lihi you will be able to see the beauty of Manaslu massifs. Samagaun is a village much influenced by Tibetan culture where one can trek around to see monastic homes and take a breath of fresh air.

06: Trek from Samagaun to Samdo 3,875 Meter

Time: 3-4 hours walk/8.2KM **Meals:** B+L+D **Accommodation:** Lodge

This short day on the trek will allow visitors to get used to the altitude. The trail runs parallel to the Budhi Gandaki River and get to see some of the most scenic heights of the Himalayas. Samdo is indeed a classic Tibetan village which can be visited.

07: Trek from Samdo to Dharamsala (4,460m) via Larkye Bazaar

Time: 3-4 hours/6.5KM **Meals:** B+L+D **Accommodation:** Lodge

The trail then gradually gently rises up towards Dharamsala, which is one base for Larkya La Pass. The breathtaking view and quietude of the place will help you recover from the morning's preparation for the next day's climb.

08: Cross Larkya La Pass (5,160m) and trek to Bimthang 3,590 Meer

Time: 7-8 hours walk/16KM **Meals:** B+L+D **Accommodation:** Lodge

This is the most difficult day of the trek. The Larkya La Pass requires you to cross a pass and it promises to provide you with an outer view of Annapurna, Himlung, and Cheo Himal. Down to the picturesque village of Bimthang.

09: Trek from Bimthang to Tilije (2,300m) via Yak Kharka and Gho

Time: 6-7 hours/18KM **Meals:** B+L+D **Accommodation:** Lodge

To Tilije the trail goes through some beautiful dense forests of rhododendrons and the pasture lands. If you want to spend your day in a quiet village and discover its cultural value it is perfect for you.

10: Drive from Tilije to Besisahar by public jeep and Kathmandu by public bus

Time: 9-10 Hours drive/225KM **Meals:** B+L+D **Accommodation:** Lodge

Manaslu Short Trek is over, this we take a 4-5 hours long jeep ride to Besisahar and back to Kathmandu, 5-6 hours by public deluxe. Spend your last night in the region or city celebrating, and then think about the successful trekking trip.

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