

# Manaslu Circuit Deluxe Trek



Duration :	14 Days
Group Size:	1+
Max. Elevation:	5160M
Best Season	March - May and Sep - Nov
Trip Grade	Moderate
Transportation	Private Car and Jeep
Meals	B+L+D
Trip Route	Machhakhola - Jagat - Deng - Samagaun - Samdo - Dharmasala - Larkya La Pass 5160M - Bhimthang - Tilije - Besisahar

## Trip Overview

**Manaslu Circuit Deluxe Trek** is a luxurious cultural trek that has some adventurous highlights, often seen in the high-altitude treks in the area. Accompanying the landscapes of the eighth-highest mountain in the world, Mount Manaslu (8,163m), this trek includes beautiful snow-capped mountains, a cultural experience, and one of the most challenging treks in the world, Larkya La Pass (5,160 m).

This type of trekking, as it is with most other luxurious experiences, promises better lodges, meals, and transport for those energetic enthusiasts interested in a taste of the adventurous, thrilling experience in style.

This is our 15-Day Evergreen Forest, Rice Terraces, Monasteries, and Delightful Tibetan Style Village Tour. The Deluxe Manaslu Circuit Trek will include the following professional services: professional guides, transportation, and deluxe tea house lodges.

## Price for Manaslu Circuit Deluxe Trek

Depending on the comfort level and service that is provided on the Manaslu Circuit Deluxe Trek. The cost varies according to the services. It varies between USD 1,500 and USD 2000 for the package of 14 to 17 Days. This cost encompasses many requirements that are of paramount importance in the journey before it can embark on.

To start with, the forbidden permits for the trek include the [Manaslu Restricted Area Permit](#), which goes for a hundred US Dollars for the initial seven days of the main trekking season (September to November) and seventy-five US Dollars for the remaining periods that comprise December to August, plus ten US Dollars for every successive day. You will also need the Manaslu and Annapurna Conservation Area Permit, each costing the individual US\$30.

It has other packages; the deluxe is also associated with better [accommodation](#) facilities. Lodging: In members' price per person: Tea Houses for 4 nights - 2,000 to 4,000 US Dollar, Trail Meals and Foods for 4 nights, Alcohol beverages, Advanced base camp for three nights - 800 to 1,400 US Dollar, Basic luxury hotel at Kathmandu for one night - 1,000 to 1,500 US Dollar.

Meals and drinks are normally provided. The daily food account cost of higher-quality foods is between \$25 and \$35, while drinks may be an added expense.

Some important things include guides and porters with experience; the guide costs \$30-\$50 per day, while the porter costs \$20-\$30 a day.

Discover a solution to the challenge of having to choose between comfort and adventure—the Manaslu Circuit Deluxe Trek. May the beauty of those giants wash your soul, and the hospitality of the Nepalese people make your journey outstanding.

## Outline itinerary

**00: Application to enter International Airport Nepal which is at an altitude of 1,350m.**

**Time:** 30:00 M **Accommodation:** Hotel Thrive, 4\*\*\*\*

**00: They called it the Equipment and Legal Documents Preparation Day.**

**Meals:** B **Accommodation:** Hotel Thrive, 4\*\*\*\*

**01: Kathmandu - Sotikhola to Machhakhola (867m)**

**Time:** 6-7 Hours drive/155KM **Meals:** B+L+D **Accommodation:** Lodge

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

**Time:** 6-7 hours walk/17.4KM **Meals:** B+L+D **Accommodation:** Lodge

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

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

**04: Trek from Deng to Namrung (2630m) via Rana and Bihi Phedi**

**Time:** 7-8 hours walk/17KM **Meals:** B+L+D **Accommodation:** Lodge

**05: Trek from Namrung to Lho (3,180m) via Lihi**

**Time:** 3-4 hours walk/9.5KM **Meals:** B+L+D **Accommodation:** Lodge

**06: Trek from Lho to Samagaun (3,525m) via Syala**

**Time:** 3-4 hours walk/7.5KM **Meals:** B+L+D **Accommodation:** Lodge

**07: Rest Day in Samagaun (3,525m) | Side Trip to Manaslu Base Camp or Pungyen Monastery**

**Time:** 4-5 hours walk/10KM **Meals:** B+L+D **Accommodation:** Lodge

**08: Trek from Samagaun to Samdo (3,875m)**

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

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

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

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

**Time:** 8-9 hours walk/16KM **Meals:** B+L+D **Accommodation:** Lodge

**11: Rest Day in Bimthang**

**Time:** 2-3 hours walk around **Meals:** B+L+D **Accommodation:** Lodge

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

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

**13: Trek from Tilije to Besisahar (700m) via Dharapani**

**Time:** 4-5 hours' drive/50KM **Meals:** B+L+D **Accommodation:** Lodge

**14: Drive from Besisahar to Kathmandu (1,350m)**

**Time:** 7-8 hours drive/175KM **Meals:** B+L **Accommodation:** Hotel

## Costs Included

- Pick up and drop service from the airport.
- 2 nights 4 star hotel in Kathmandu on BB Plan.
- Kathmandu to Machhakhola by private jeep.
- Tilche to Besisahar by private jeep.
- Besisahar to Kathmandu by private car.
- Three meals daily (Breakfast, Lunch, and Dinner along the trek).
- Lodge accommodation is on the way (Attached rooms are available in other places).
- An experienced guide (including his salary, equipment, insurance, transportation, lodge, and food).
- Porter (carry luggage 2 trekkers 1 porter and including their salary, equipment, insurance, lodging, and food).
- Equipment; Down Jacket, Sleeping Bag.
- Legal documents (MCAP permit, Manaslu restricted area permit, and ACAP).
- Local Government Fee.
- Token of love from the company.
- First aid medical box.
- City and trekking map.
- Fresh and dry fruits for trekking.
- All Government Taxes.
- Farewell dinner/with Nepali culture dance.






## Cost Excluded

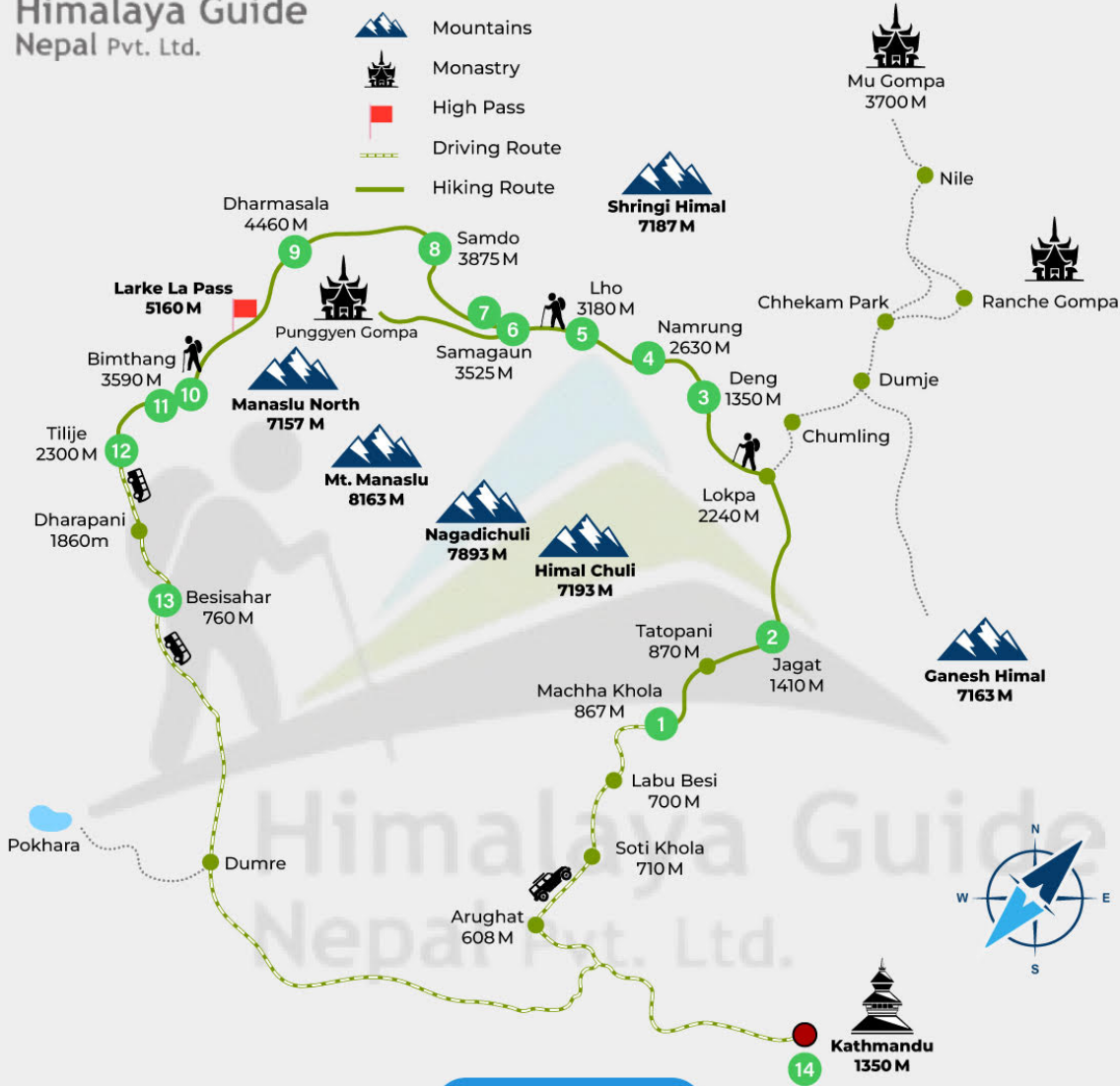
- Extra night accommodation in Kathmandu.
- Travel insurance in case during trekking.
- Hot and Cold drinks such as; Tea/Coffee, Coke, Mineral Water, Beer, etc.
- Personal expenses (laundry, telephone, extra helper, battery charge shower, and boiled water).
- Tips for guide and porters.

# Manaslu Circuit Deluxe Trek - 14 Days



## Legend

-  Mountains
-  Monastery
-  High Pass
-  Driving Route
-  Hiking Route



## Altitude Chart



## Your Journey day by day

### **00: Application to enter International Airport Nepal which is at an altitude of 1,350m.**

**Time:** 30:00 M **Accommodation:** Hotel Thrive, 4\*\*\*\*

Upon landing at Tribhuvan International Airport, our representative will be waiting for you with your and our company's name on a placard. They'll welcome you with a garland and transfer you to your hotel in a private vehicle.

After getting to the hotel, you'll check in, enjoy a welcome drink, and get refreshed. The evening is all yours. You can roam around your hotel area and try different cuisines. The day's overnight stay is at the hotel in Kathmandu.

#### **Deluxe Activities:**

- Private vehicle transfer
  - Four-Star hotel stay
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### **00: They called it the Equipment and Legal Documents Preparation Day.**

**Meals:** B **Accommodation:** Hotel Thrive, 4\*\*\*\*

This day marks the start of preparations for the Manaslu Circuit Deluxe Trek. Enjoy your breakfast without any rush. After the morning meal, you'll meet your guide, and he'll ensure every detail of your adventure is perfectly arranged.

Your guide also ensures your equipment meets the high-altitude standards needed for the Manaslu Trek. After everything is ready, you can explore the other side of Kathmandu Valley. Moreover, if you need assistance with a city tour, we would be happy to help. The overnight stay for the day will be the same as the previous night.

#### **Deluxe Activities:**

- Permit processing assistance
  - Personalized high-altitude gear fitting
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## 01: Kathmandu - Sotikhola to Machhakhola (867m)

**Time:** 6-7 Hours drive/155KM **Meals:** B+L+D **Accommodation:** Lodge

Finally, your Manaslu Circuit Deluxe trek begins. Get ready for adventure, filling your tummy with a hearty breakfast at your hotel. Our representative will pick you up from your hotel and drive you to the trek's starting point, Machha Khola.

You'll drive in a private 4WD vehicle through scenic hills and river valleys toward [Soti Khola](#) and then [Machha Khola](#). At the village, your deluxe lodge with upgraded rooms, comfortable bedding, and hot showers will be waiting for you, where you can relax. The day's overnight stay and dinner are at Machha Khola's lodge.

### Deluxe Activities:

- Private 4WD transportation
  - Premium room upgrade
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## 02: Trek from Machhakhola to Jagat (1,410m) via Khorla Bensi and Dovan

**Time:** 6-7 hours walk/17.4KM **Meals:** B+L+D **Accommodation:** Lodge

Enjoy your breakfast at the lodge you stayed with refreshing Himalayan scenery. After breakfast, be ready to begin your trek. The day starts with the following gorge of the Budhi Gandaki River, crossing suspension bridges and passing through subtropical forests.

As you get to Jagat, you get to see stone-paved villages that will welcome you. At the village, you can enjoy an upgraded teahouse stay with warm hospitality. Day's overnight stay and dinner are at Jagat.

### Deluxe Activities:

- Freshly prepared lunch setup
  - Evening walk through Gurung villages
  - Upgraded teahouse facility
- 

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

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

This day's journey takes you from a culturally rich section of the Deluxe Manaslu Circuit. The trek starts alongside the Budhi Gandaki River through narrow gorges and dense hillsides. You'll pass through villages like Salleri and Sirdibas, where terraced fields and mani walls reflect strong Tibetan Buddhist influence.

Along the way, expect to pass through several suspension bridges and a forest of pine and bamboo. Continuing the walk. You'll reach Philim, where you can rest before heading to the day's destination. Moreover, the final walk to Deng includes a moderately challenging section via a woodland route. Overnight and dinner at Deng's teahouse.

**Deluxe Activities:**

- Afternoon tea with mountain views
- Nutrient-rich dinner
- Portable charging station setup

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## **04: Trek from Deng to Namrung (2630m) via Rana and Bihi Phedi**

**Time:** 7-8 hours walk/17KM **Meals:** B+L+D **Accommodation:** Lodge

Day four takes you from Deng to Namrung, which marks one of the beautiful sections of the Manaslu Circuit Deluxe Trek. The journey begins along the Budhi Gandaki River, through forests and small villages. Along the way, you'll pass through villages like Bihi and Ghap, where you can see prayer flags and stone mani walls.

As you continue the trek, the walkway becomes more peaceful as it passes through pine and rhododendron forests. Likewise, as the trek takes you to higher sections, views of mountain peaks become clearer. The trek ends in Namrung, a beautiful village with stunning mountain views. Overnight and dinner at Namrung village.

**Deluxe Activities:**

- Next day's briefing with the trekking guide
- Sunset viewpoint excursion
- High-protein Dinner

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## **05: Trek from Namrung to Lho (3,180m) via Lihi**

**Time:** 3-4 hours walk/9.5KM **Meals:** B+L+D **Accommodation:** Lodge

Day five is one of the shortest yet most beautiful days on the journey. You'll begin your day after a warm morning meal with a stunning mountain view. You'll leave Namrung walking through forests and small barley fields.

On the way, you'll pass through Lihi village, a peaceful village with chortens and prayer flags. You can rest and have lunch in the village. After that, the trek continues uphill, offering amazing views of Mount Manaslu. The trek ends at Lho, where you'll stay overnight and have dinner.

**Deluxe Activities:**

- Monastery exploration session
  - Best available room with mountain view
  - Sunset view excursion
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## 06: Trek from Lho to Samagaun (3,525m) via Syala

**Time:** 3-4 hours walk/7.5KM **Meals:** B+L+D **Accommodation:** Lodge

This day starts with a view of Mount Manaslu and a walk towards Samagaun. The pathway goes through forests and open fields with amazing mountain scenery all around. After walking for a while, you'll get to Syala, a small yet exceptionally beautiful village.

From Syala, the trek continues with a more appealing view of Mountain peaks. The path is not challenging; it is gentle with fresh mountain air. As you get to Samagaun, you'll check into your hotel and take a rest. Stay overnight and have dinner at Samagaun's teahouse.

**Deluxe Activities:**

- Acclimatization briefing session
  - Local yak cheese tasting
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## 07: Rest Day in Samagaun (3,525m) | Side Trip to Manaslu Base Camp or Pungyen Monastery

**Time:** 4-5 hours walk/10KM **Meals:** B+L+D **Accommodation:** Lodge

A rest day during the Manaslu Deluxe Circuit Trek is crucial for your body to [acclimatize to the higher altitude](#). Likewise, the rest day follows the "climb high, sleep low" strategy, which helps you adjust to the higher altitude before crossing Larkya La.

On the day, you won't stay idle but go for a short hike to Manaslu Base Camp for amazing close views of Mount Manaslu and nearby glaciers. Besides, you can choose to take a short hike to Pungyen Monastery, a peaceful place with beautiful mountain scenery. After the hike, the trek returns to Samagaun for an overnight

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stay.

**Deluxe Activities:**

- Guided side hike with packed lunch
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## **08: Trek from Samagaun to Samdo (3,875m)**

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

After a well-needed acclimatization day at Samagaun, you'll continue your walk towards Samdo. The trail passes through an open section with views of the surrounding mountains. As the trek continues and you gain altitude, the landscape becomes drier and rockier.

Along the way, you see yaks grazing and small stone houses. The walk is not difficult, but the gain in elevation is felt, which makes the walk quite tough. The trek ends at Samdo, a small Tibetan-style village near the border of Tibet. Your day's overnight stay and dinner are at Smado.

**Deluxe Activities:**

- Cultural exchange session with locals
  - Heated dining area setup
  - Evening stargazing experience
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## **09: Trek from Samdo to Dharamsala (4,460m) via Larkye Bazaar**

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

Day nine takes you closer to your final destination on the Manaslu Circuit Deluxe Trek. You'll begin your walk through a wide and rocky valley. Along the way, you'll pass through Larkya Bazaar, where you can witness an old trading place where local people once traded goods with Tibet.

After Larkya Bazaar, the walkway continues through the section that offers beautiful views of snowy peaks and glaciers. You may see yaks and blue sheep in some areas as well. As you gain altitude, you find it difficult to breathe, and thus, walking slowly is important. The day's accommodation and dinner are at Dharamsala.

**Deluxe Activities:**

- Pre-pass safety briefing
  - Best available accommodation point
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## 10: Cross Larkya La Pass (5,160m) and trek to Bimthang (3,590m)

**Time:** 8-9 hours walk/16KM **Meals:** B+L+D **Accommodation:** Lodge

Day ten is the ultimate highlight of the Manaslu Circuit Deluxe Trek. You'll leave Dharamsala early in the morning before sunrise for the climb to [Larkya La Pass](#). You have to walk through the rocky, snowy section, which requires careful walking.

However, the challenge is worthwhile as it offers you amazing views of Himlung, Cheo Himal, and Mount Manaslu. Take a moment to enjoy the beauty, appreciate your victory, and begin a long, steep descent to Bimthang. During the descent, you'll trek down to green valleys and grassy fields from a high altitude section. Overnight at Bhimthang.

### **Deluxe Activities:**

- Summit celebratory photo session
  - Luxury lodge accommodation at Bimthang
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## 11: Rest Day in Bimthang

**Time:** 2-3 hours walk around **Meals:** B+L+D **Accommodation:** Lodge

After a challenging day of crossing Larkya La, you deserve rest. Thus, day eleven marks the rest day in Bhimthang. However, it's a rest day, so it doesn't mean you should be idle; instead, you can enjoy an easy walk toward the glacial rivers or small ridges near the village for views of Mount Manaslu and Himlung Himal.

Similarly, you can take a short hike to beautiful turquoise Ponkar Lake, formed by a melting glacier. Still, if you are tired of taking any hike for the day, you can just admire the view of Cheo Himal and Larkya Peak from Bhimthang. You'll spend another day at the Bhimthang.

### **Deluxe Activities:**

- Optional short glacier excursion
  - Comfort-focused lodge stay
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## 12: Trek from Bimthang to Tilije (2,300m) via Yak Kharka and Gho

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

After a well-needed rest day in Bimthang, you'll leave the village and make your downhill walk to [Tilije from bhimthang](#). The pathway descends alongside the Dudh Khola River, offering views of Mt. Manaslu and Himlung Himal. As you continue walking, you can experience the change in landscape, which will be the highlight of the walk.

After walking for a while, you'll get to Yak Kharka, a peaceful grazing area for yaks. From there, the path leads you to the traditional Gurung village of Gho, where you can experience local culture and simple mountain life. You have to walk along a forested path and through a river valley to get from Gho to Tilije. Overnight and dinner at Tilije.

### Deluxe Activities:

- Curated lunch
  - Comfortable lodge with a hot shower
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## 13: Trek from Tilije to Besisahar (700m) via Dharapani

**Time:** 4-5 hours' drive/50KM **Meals:** B+L+D **Accommodation:** Lodge

Day thirteen marks the final walking day on the Manaslu Circuit Deluxe Trek. You'll have a hearty morning meal at Bimthang before making way toward Besisahar, the day's destination. After breakfast, you'll begin trek following the Marsyangdi River, passing waterfalls, terraced fields, and traditional stone houses.

Along the way, you'll get to Dharapani, where you can stop to have lunch. After lunch, the journey continues through several small settlements and dense green hills that take you to Besisahar, the district headquarters of Lamjung. Upon reaching, check in at the lodge, and take a rest. Overnight at Besisahar.

### Deluxe Activities:

- Comfortable lodge with all necessary facilities
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## 14: Drive from Besisahar to Kathmandu (1,350m)

**Time:** 7-8 hours drive/175KM **Meals:** B+L **Accommodation:** Hotel

Today, you'll complete Manaslu Circuit Deluxe Trek as you'll get back to Kathmandu, from where the journey

started. Early in the morning, you'll have breakfast, then take a comfortable drive to Kathmandu. Leaving Besisahar, the road follows the Marsyangdi River through rolling green hills and rural settlements.

Although the first few hours of the road can be rough in some parts, the views of rivers and waterfalls make the ride enjoyable. As the route joins the Prithvi Highway, the road becomes smoother. Afterward, the road follows the Trishuli River toward Kathmandu. Upon your arrival in Kathmandu, our representative will escort you to your hotel. Overnight stay in Kathmandu.

**Deluxe Activities:**

- Comfortable vehicle transfer

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## Contact Us

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