

Manaslu Circuit Trek in Nepal | Manaslu Circuit Trekking Package

The [Manaslu Circuit Trek](#) is one of the most popular yet unvisited off the beaten treks in Nepal. Also known as the **Manaslu Base Camp Trekking**, this hike competes as the source for unique culture and traditions alongside untouched/rural villages of the Manaslu Region.

Like the **Tsum Valley Trek**, this trek also starts with a drive to the village of Arughat. Drive for six hours along the Budi Gandaki River to make it to Arughat. From there, it's an uphill and downhill walk towards the **Khursani Bari**, which is famous for its high production of Khursani (red chilies). Now, we'll hike towards the river valley of **Machha Khola**, and from there, it's a parade to Yaruphat via a well-marked trail. Across a suspension bridge over the Yaru Khola to climb up the steep stairs to Thado Bharyang.

Further uphill sees us at Jagat and sometime later, we'll be at Philim. Here, we'll get acquainted with the unique tradition and culture of the Gurung people. Let's also not forget about the hospitality of the people here! Get out of Philim to make our way to the village of Deng and then to Namrung. En-route, delight in the views of **Himal Chuli Ganesh, Sriringi**, and such other high peaks.

Through the forests of Sal, the trail opens up to the **Lho Gaon**. While here, explore the Ribung Gumpa. En-route, enjoy the views of the Simrang, Sriringi, Manaslu, and Ganesh peaks. From here, it's an uphill hike until Sama Gaon. The village boasts 360-degree views of the high peaks of Manaslu and also the Kargu Choling Monastery. A day's rest here sees us at the **Manaslu Base Camp!** Explore the Pungyen Gumpa and overlook the Pochen Glacier. Don't forget to learn some Sherpa culture and tradition while here. Downhill we go following the **Budi Gandaki** to make our way to the village of Samdo. Downhill along the river before finally ascending to Larkya La Phedi. The most challenging part of the trek completes after a hike up to the Larkya La Pass and then down to Bimthang. An easy trek sees us at Tilije and **Dharapani** while a drive takes us to Besisahar, which ultimately ends our trek.

Are you ready for a once in a lifetime experience?

Duration: 18 days

Price: \$1200

Rating: 5 Star

Grade: Moderate

Destination: Nepal

Activity: Trekking

Region: Everest Region

Itinerary:

Day 1: Arrival in Kathmandu (1440 meters)

Set foot at the Tribhuvan International Airport where our representative will transfer you to your hotel. Settle in and freshen up prior to meeting up with the guide and discussing about the upcoming trek. And, don't forget to try out your first ever typical Nepali cuisine.

Day 2: Drive to Arughat (570 meters)

Drive for a straight six hours along the Prithvi Highway across the rough tracks and Budi Gandaki river to get to Arughat. En-route, enjoy the first views of rural Nepal and also some of the high snowcapped peaks of the Manaslu Region.

Day 3: Trek to Khursani Bari

Follow the Budi Gandaki river and then hike uphill before descending again. Hike downhill via the forest of Sal to finally arrive at the village of Khursani Bari (Khursane). This place is called so because of the high production of Khursani (red chilies) in the region.

Day 4: Trek to Machha Khola (890 meters)

Hike uphill along the green forests and pass small waterfalls to make it to the village of Lapurbesi. From here, it's a wide path along the Budi Gandaki River to make our way up to the village of Machha Khola.

Day 5: Trek to Yaruphat

Parade along the Budi Gandaki River through slippery forested trails to Tatopani. From here, it's a hike along the well-marked trails to Yaruphat.

Day 6: Trek to Philim (1700 meters)

Walk out of Yaruphat to cross a suspension bridge over the Yaru Khola. Then, climb up the stairs to the town of Thado Bharyang. Continue hiking up to arrive at Jagat. From here, it's a walk downhill to Salleri and Sirdibas villages before finally an ascent sees us at Philim, a Gurung settlement.

Day 7: Trek to Deng (2095 meters)

Pass a number of terraced fields out of the village of Philim to make our way to Ekle Bhatti. Across the Budi Gandaki River after a steep descend sees us climbing a hill until the village of Deng.

Day 8: Trek to Namrung (2900 meters)

Walk along the narrow hills to make it to the village of Rana. From here, it's another uphill climb to Ghap. Now, pass through several gompas and the town of Prok before finally making our way to Namrung. This village offers extra ordinary views of the Himal Chuli, Ganesh, Sriringi peaks.

Day 9: Trek to Lho Gaon (3100 meters)

Climb up along the Sal forests to arrive the village of Lihi. Get past terraced fields, prayer flags, chortens, and gompas to arrive at Sho. Hike across the settlement of Sho to make it to Lho Gaon. Enjoy 360 degree views of the Simrang, Sriringi, Manaslu, and Ganesh peaks. During the free time, don't forget to explore the Ribung Gompa.

Day 10: Trek to Sama Gaon (3390 meters)

An uphill climb marks our arrival at Shyla, a village surrounded by peaks including the Manaslu, Ganesh, Sriringi, and the Ngadi Chuli. An ascent from here sees us at Samagaon. If time persists, do visit the Kargu Choling Monastery.

Day 11: Acclimatization Day

Enjoy the crack of dawn at Sama Gaon. Following breakfast, walk towards the nearby villages and also the Manaslu Base Camp at 4400 meters. Explore the Pungyen Gompa to have great views of the Ponchen Glacier. Moreover, enjoy panoramic views of the high Manaslu, Siringi, and Ngadi Chuli peaks. Also, don't forget to explore the Sherpa culture and tradition.

Day 12: Trek to Samdo (3690 meters)

A hike downhill towards the Budi Gandaki followed by an uphill climb via a juniper forest will see us at Kemo Kharkha. Samdo is just at the bottom of the hill! While here, delight in the views of the Manaslu, Himchuli, and Simrang peaks. And, don't forget to be on a lookout for mountain birds like Himalayan Monal (Lophophorus) and Himalayan Griffin.

Day 13: Trek to Larkya La Phedi (4460 meters)

Parade out of Samdo and descend towards the Budi Gandaki River. Across the river, over a wooden bridge and up, we go towards the Larkya Glacier. Further uphill climb sees us at Larkya La Phedi (Dharamsala).

Day 14: Trek to Bhimthang (3590 meters) via Larkya La Pass (5160 meters)

The most challenging day, it is! Today, we'll hike up on the icy, slippery trail to get to the peak of the Larkya La Phedi, the Larkya La Pass. The views are just breathtaking as we'll have a chance to view the panorama of Kang Guru, Cheo, Himlung, Larkya, and even the Annapurna peaks. A tough hike downhill sees us at the village of Bimthang.

Day 15: Trek to Tilije

Bid farewell to Bimthang and hike downhill via a rhododendron forest along narrow hills and the Dudh Khola before ascending to the Gurung village of Tilije. The town boasts narrow alleys with picturesque scenery withholding landscape views of the Lamjung, Manaslu, and the Cheo peaks.

Day 16: Trek to Dharapani and Drive to Besisahar (760 meters)

It's an easy day today as we'll hike half of the way and drive the rest! A hike downhill sees us at the village of Dharapani. Then, a short drive leads us to the village of Besisahar, the headquarters of Lamjung.

Day 17: Drive back to Kathmandu (1440 meters)

Get the last look at the Annapurna, Lamjung, and Manaslu peaks and bid farewell to them! Early drive along the Prithvi Highway will see us back at the capital city of Nepal, Kathmandu.

Day 18: Onward Departure

This day marks the official end of your trek! If you have plans to stay and explore Nepal more, we can arrange scenic tailor-made trips for you. However, for those of you having to travel back, we will arrange your travel to the airport and wish you a happy journey ahead.

Highlights:

- Manaslu Base Camp
- Larkya La Pass
- Buddhist Monasteries
- Unique Culture, Tradition, and Lifestyle

- Mani Walls, Colorful Chortens, and Prayer Flags
- Annapurna, Manaslu, Lamjung, Cheo, Himlung, Kang Guru, and Other Peaks

Cost Include:

- All Ground Transportations
- Three Daily Meals During the Trek
- Twin Sharing Lodge for Accommodation during the Trek
- One guide and a porter (1:2 ratio) and their food, accommodation, equipment
- Trekking Map and Trip Achievement Certificate
- First Aid
- TIMS and Manaslu Trek Permits
- Government Taxes and Office Service Charge

Cost exclude:

- Water, Soft Drinks, and Other Liquid Beverages
- Meals Besides Meals Inclusion
- Snacks and Other Personal Expenses
- Personal Trekking Equipment
- Hot Showers except
- Tips to Trekking Staff and Others
- Personal Travel Insurance
- International Airfare
- Nepal Entry Visa