



Manaslu Circuit Trek

Overview

Embark on an unforgettable journey with Gele Trekking as we explore the stunning landscapes of Nepal! Our adventure starts in Kathmandu, where we gather for a pre-trek briefing at a luxurious 4-star hotel before enjoying a group dinner. The next day, we travel to Soti Khola by bus and Jeep, marvelling at picturesque mountain views along the way. Trekking onwards, we encounter the Budhi Gandaki River en route to Machha Khola, immersing ourselves in Nepal's natural beauty. Our journey continues through quaint villages and lush jungles, leading us to Jagat and Dyang, where we witness the majestic Mt. Manaslu. After a day of exploration in Lowgaon, we ascend to Samagaon and acclimatise before heading to Dharamshala. The highlight of our adventure awaits as we conquer the Larke Pass and descend to Bhimthang, followed by a scenic trek to Dharapani. Finally, we conclude our expedition with a scenic drive to Bandipur and return to Kathmandu, where our journey comes to an end. Throughout our 15-day adventure, we cover a total distance of 98 miles (152.6 km) and experience the beauty of Nepal for a total of 83 hours and 30 minutes. Join us for an epic trekking experience with Gele Trekking!

Highlights

- Thrilling white water rafting and cultural immersion in Nepalese culture as you encounter traditional villages and interact with local communities.
- Marvel at the ingenuity of local farmers as they cultivate crops on the steep hillsides, creating a mesmerising patchwork of terraced fields.
- **Total 14 nights and 15 days package**

Entire trip price

Total trip cost: Pounds £1399 and USA dollars \$1799

Cost includes:

- One professional guide
- One dedicated porter
- Bed and breakfast, trekking transports and related trekking permits
- Welcome and every morning wake-up tea.

Does not include:

1. Lunch, dinner and any drinks are self-paid and optional activities
2. International flight
3. Trekking Insurance covers above 5000 mts to 5500 mts

Trek Itinerary

Day 1: Kathmandu - Our initial meeting is scheduled for the evening at 5 pm at Hotel Holy Himalaya Thamel Kathmandu Nepal. This is where the group will gather for a pre-trek briefing, during which important information about the trek and upcoming highlights will be covered. Additionally, the leader will arrange the first group dinner after everyone joins.

A: Include a room share and breakfast (require separate room to pay extra).

B: Elevation 1250 metres (4,101ft)

Day 2: Soti Khola - After breakfast on the bus journey through the countryside and a pleasant view of the mountains. The trip ends at the Aru-ghat. After that, a short Jeep drive to Soti Khola.

A: The bus drive to Arughat is 4 hours 30 minutes and the jeep drive is 2 hours

B: Includes teahouse room and breakfast.

C: Elevation 720 metres(2,362.2ft)

D: Descent 530 metres(1,738.1ft).

E: Cover of the day 88.3 miles(142.2km)

Day 3: Machha Khola- After breakfast, we first step onto the natural landscape beauties of Nepal. Here, we encounter the Budhi Gandaki River, its glacier-fed waters providing us with the cool air of its flowing currents.

A: Trek for 7 to 8 hours.

B: Includes teahouse room and breakfast.

C: Elevation 875 metres(2,870ft)

D: Ascent 130 metres(426.6ft).

E: Cover of the day 11 miles(17km)

Day 4: Jagat - After breakfast we trek, following the trail alongside the Budhi Gandaki River and traverse gravel roads, pass by natural hot springs, and cross suspension bridges until we reach our destination for the day.

A: Trek for 7 to 8 hours.

B: Includes teahouse room and breakfast.

C: Elevation 1,370 metres(4,495ft)

D: Ascent 495 metres(1,607ft).

E: Cover of the day 12 miles(18.5km)

Day 5: Dyang -The day begins with pleasant morning sunshine through the beautiful village and alongside. Our journey continues through the side known for its friendly encounters with langur monkeys.

A: Trek for 7 to 8 hours.

B: Includes teahouse room and breakfast.

C: Elevation 1,870 metres(6,152ft)

D: Ascent 500 metres(1,620ft).

E: Cover of the day 12 miles(18.5km)

Day 6: Ghap - After breakfast, the team embarks on a leisurely walk to explore the local village and the surrounding mountains, enjoying a wide range of scenic views. We continue onward towards our destination.

- A: Trek for 5 to 6 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 2,110 metres(6,925ft)
- D: Ascent 240 metres(787 ft).
- E: Cover of the day 7 miles(11.2km)

Day 7: Lowgaon - After breakfast. We pass through the jungle leading us to the Tibetan cultural village of Namrung, where, after 30 minutes, we are greeted by the sight of Mt. Manaslu. Our next objective is to reach our destination in Lowgaon.

- A: Trek for 7 to 8 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 3,170 metres(10,400ft)
- D: Ascent 1,060 metres(3,380ft).
- E: Cover of the day 11 miles(17.5km)

Day 8: Samagaon - After breakfast, on the highland trek, welcomed by Mt. Manaslu. We ascend through the jungle, heading towards the right side of Mt. Manaslu, where we'll conclude our day's journey.

- A: Trek for 4 to 5 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 3,530 metres(11,581ft)
- D: Ascent 360 metres(1,181ft).
- E: Cover of the day 6 miles(9 km)

Day 9: Samagaon, the acclimatisation day - After breakfast above the altitude limitations, we have a rest day scheduled, along with an acclimatisation walk to Hin Monastery before returning to Samagaon.

- A: Trek for 4 to 5 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 400 metres(13,132ft)
- D: Ascent 470 metres(1,580ft).
- E: Cover of the day 7 miles(11.5km)

Day 10: Dharamshala- After breakfast a walk through yak and horse pastures leading to the Tibet and Nepal trading centre called Somdo. We will be staying in a dormitory or at the tent camp.

- A: Trek for 5 to 6 hours.
- B: Includes teahouse room and breakfast.
- C: Elevation 4,480 metres(14,700ft)
- D: Ascent 1,000 metres (3,280ft).
- E: Cover of the day 9 miles(14.4km)

Day 11: Bhimthang - The day begins early after breakfast. This day is related to altitude and long walks. The leader guides on-the-way actions, emphasising the importance of effective time management. We hit the Larke Pass afterwards and on the other side descended to Bhimthang.

A: Trek 8 to 9 hours.

B: Includes teahouse room and breakfast..

C: Elevation Lake Pass 5,130 metres(16,830 ft) Bhimthang 3700 metres (12139 ft)

D: Ascent to the pass 650 metres(2,132ft) The Descent 1,430metres (4,6091ft)

E: Cover of the day 11 miles (17 km)

Day 12: Dharapani - After breakfast then walk down through the pain and seaback thorn trees beside the glacier stream. It is a beautiful jungle walk and passes through local villages. The day ends with the joining of the Annapurna routes.

A: Trek for 7 to 8 hours.

B: Includes teahouse room and breakfast.

C: Elevation 2,105 metres(6,906ft)

D: Ascent 1,595 metres (5,232ft).

E: Cover of the day 12 miles(18.5km)

Day 13: Bandipur - After breakfast on a jeep drive for 2 to 3 hours to Besisahar and 2 to 3 hours by a reserved local bus to the last destination.

A: Jeep drive to Besisahar takes 2 to 3 hours and 2 to 3 hours to Bandipur

B: Includes the Countryside Inn 3-star room and breakfast

C: Elevation 1,150 metres (3,772 ft)

D: Descent 1,145metres (3,756 ft).

E: Cover of the day 59.8 miles(99,4 km)

Day 14: Kathmandu - After breakfast from Bandipur drive to Dumre to catch a regular tourist bus or a private bus. You will get to see the first highway in Nepal, the Prithivi Rajmarga (known after Nepal's king, Prithvi Narayan Shah)

A: Travel time is 5 to 6 hours.

B: Include a 4-star hotel and breakfast.

C: Include a room share and breakfast (require separate room to pay extra).

D: Descent 100 metres(328 ft).

E: Cover of the day 91 miles(147.1 km)

Day 15: End of trip - After breakfast and at noon the trip ends. The entire trip covers the following distances and durations:

- Travel: 219.5 miles (353.9 km)
- Physical walk and Hike: 98 miles (152.6 km)
- Total Hours Covered: 83 hours and 30 minutes

Trip information and preparation

At Gele Trekking, we encourage our guests to be as well-prepared in advance so they can enjoy their treks to their fullest. Over the years we have come up with a simple suggestion we have found helps our guests be prepared. We recommend you practise walking around areas with small hills three months before your trek. If you don't have hilly terrain near you, do not worry! It is most important you get out walking some distance along with your other daily exercise routines every day before your trek so you are fit and healthy.

Also please know during trekking, there might be natural obstructions such as changing weather conditions including, snow events and other uncontrollable events such as domestic flight changes such as those to and from Lukla and Pokhara. In these scenarios, your group leader at Gele Trekking will adjust your itinerary as needed for your safety and to allow for the best experience possible.

Communication and Accommodation Facilities

Gele Trekking wishes to ensure that our guests are well-informed about accommodation facilities, including the Himalaya Tea House rooms that share toilets, showers, and communication options. The rooms typically consist of twin bedrooms, with the possibility of sharing a dormitory and communal toilets located outside the building. Showers may be available with gas or electric heating and bucket showers, although washing basins may not be universally provided or available.

For instance, during the Annapurna Base Camp trek, accommodations often require sharing rooms with others due to limited teahouses and room availability. Occasionally, adjustments may be necessary, particularly during peak seasons. While Gele Trekking typically arranges bookings for our groups, there are instances where this may not be feasible.

Rest assured, our trip leaders are well-versed in handling such situations and have the authority to make the necessary adjustments.

Food and Drink Options

Gele Trekking takes pride in introducing the region's food and drinks to our guests during their treks. We offer Himalayan organic food, with most dishes incorporating *noodles, rice, potatoes, and Yak Cheese*. Fresh vegetables such as *spinach, cabbage, carrots, cauliflower, spring onions and seasonal vegetables* are also available. While there is a limited selection of foreign food, we also offer some *cereals*. Our hot drink options include *hot chocolate, instant coffee, simple Nepali tea, and powdered milk*. Regarding cold drinks, we offer *mineral water, Coke, Fanta, Sprite, Pepsi, and some local products*.


Regarding alcohol, we offer local beers such as the popular *Everest beer*, and other beer options such as *whisky, and brandy*. Some locations may have small bars and offer wines, but it's important to note that ***alcohol consumption is subject to altitude limits***. Our trip leaders are well-versed in dealing with various issues, including altitude-related concerns, and have the authority to make necessary changes as needed.

Extra trip budget

During your trek, we recommend you budget approximately £35 to £40 (\$45 to \$50 USD) per day for lunch, dinner, and any drinks. We also recommend that your overall daily budget includes a bit more to cover any additional miscellaneous expenses.

Total approximate in pounds: £520

Total approximate in dollars: \$650



Traditional Load-Carrying in Nepal

Gele Trekking is committed to bringing attention to the potential brain damage being caused everyday to countless Nepalese by the common practice of carrying heavy loads on their heads, known as 'head carrying'. Gele trekking has pledged to make this a top focus for their treks and to actively seek solutions, including having one sherpa accompany each guest and to supporting further research on this critical health concern. By choosing Gele Trekking, our guests are providing support from around the world to help protect and nurture the minds of Nepalese in Nepal.

Gele
TREKking