



# Manaslu Circuit Trek

## Overview

The Manaslu Circuit Trek is an extraordinary journey through remote and untouched landscapes, offering perfect views of snow-capped peaks and peaceful valleys. This trek showcases the rich culture of the region, with opportunities to experience traditional mountain villages and ancient monasteries. The trail winds through lush forests, high mountain passes, and rugged terrain, providing a perfect blend of adventure and natural beauty. Along the way, trekkers are treated to stunning outlooks of Manaslu, the eighth-highest mountain in the world, and surrounding peaks. The diversity of flora and fauna in the Manaslu Conservation Area adds to the trek's attraction. A night in the scenic hilltop town of Bandipur, known for its charming architecture and panoramic views, is the perfect way to conclude this journey. Bandipur's warm hospitality and tranquil ambience leave a lasting impression. This trek is ideal for those seeking an authentic Himalayan experience away from the crowds. The combination of cultural richness, dramatic landscapes, and personal challenges makes it a truly unforgettable adventure.

## Highlights

- Breathtaking Views of Mount Manaslu and Surrounding Peaks
- Unique Cultural Encounters in Remote Tibetan Villages
- Crossing the Larkya La Pass at 5,106 Meters
- Diverse Flora and Fauna in the Manaslu Conservation Area
- Warm Hospitality from Local Gurung and Tibetan Communities
- Ancient Monasteries and Buddhist Heritage Sites
- Authentic Local Cuisine and Traditional Tea Houses
- **Total 14 nights and 15 days package**

## Entire trip price

**Total trip cost: Pounds £1315 or USA dollars \$1649**

**Cost includes:**

- One professional guide
- One dedicated porter
- Bed, breakfast and morning wake-up tea
- Related trekking permits
- Arrival, departure and related trekking transportation

**Does not include:**

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

**Trek Itinerary**

**Day 1: Kathmandu** - Gele Trekking ensures a smooth start to your adventure. We'll pick you up from the airport and take you to your hotel—simply share your flight details if required. Check-in will be at the hotel lobby, either individually or as a group. Updates will be posted on a notice board, and at 5 PM, you'll meet your group leader for a pre-trek briefing covering trip details and preparations. An optional group dinner will also be organised for the evening.

A: Includes a room share and breakfast (pay extra for a separate room)

B: Elevation 1,250 metres (4,101 ft)

**Day 2: Soti Khola** - After breakfast on the bus journey through the countryside and a pleasant view of the mountains. The journey 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 into the natural landscape beauty 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 streaming through the beautiful village. Our journey continues on a trail 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, we are 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, we 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, we walk down through the 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, we embark 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, we leave Bandipur and 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: Elevation 1,250 metres(4,101ft)

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 believe preparation is key to a safe, rewarding, and enjoyable trek. Share your itinerary, trekking route, and emergency contacts with family or friends before departing. While your group leader will carry emergency communication tools, having personal contact information is always helpful. Inform your bank about your travel plans to ensure ATM functionality in Nepal.

If you have pre-existing health conditions, consult your doctor beforehand and share relevant details with your guide for added precautions. Be ready for unpredictable weather and remain flexible, as conditions in remote areas may lead to changes or delays. Your safety and satisfaction are our top priorities.

Supporting local communities is integral to trekking with Gele Trekking. By purchasing locally made goods and showing respect for the places you visit, you contribute directly to sustaining the local economy while fostering meaningful connections along the journey.

## **Communication, Accommodations and Toilet and Shower**

At Gele Trekking, we prioritize your comfort and safety, ensuring a seamless trekking experience. All accommodations along the route, including the first and last nights, are pre-booked. While most rooms are twin-sharing, adjustments may be necessary in remote areas and will be handled with care and flexibility. Toilets and showers may vary in quality, with some offering excellent facilities and others being more basic. Bringing your toiletries and checking the equipment list is highly recommended to stay prepared.

Communication during the trek can be challenging, with limited or no phone reception and internet access in remote areas. Some teahouses may provide Wi-Fi, but it's often slow, unreliable, and comes at an additional cost. In emergencies, your guide will assist with communication, including access to satellite phones if needed. Our experienced team is dedicated to managing any challenges and ensuring your safety, comfort, and enjoyment every step of the way.

At the moment Gele Trekking holds the booking in the Hotel Holy Himalaya, Bharna Kumari Marga, Thamel Kathmandu Nepal. It is located inside the tourist hub in Thamel.



## **Food and Drink Options**

At Gele Trekking, we proudly introduce our guests to the rich, healthy flavours of the Himalayan region. Our meals feature organic, locally sourced ingredients such as rice, noodles, potatoes, and the renowned Yak cheese. Fresh seasonal vegetables like spinach, cabbage, carrots, and spring onions add vibrant nutrition to every dish. Though simple, our food is crafted to fuel your trek with essential energy and flavour.

Beyond traditional dishes, we offer select foreign items, such as cereals, for variety. To keep you warm and energized, enjoy hot drinks like Nepali tea, hot chocolate, or instant coffee. For cold refreshments, we provide mineral water, soft drinks, and local beverages. Alcohol options include local brews like Everest beer, spirits, and wine in some areas. However, our experienced trip leaders carefully monitor altitude safety, ensuring your health is prioritized. Every bite and sip on your journey reflects the care and hospitality of the Himalayas, offering nourishment and comfort as you explore these grand landscapes.

## **Prices vary depending on the elevation**

Low-elevation hot drinks are priced at around \$5 to \$6 per cup in the USA. Cold drinks, such as mineral water and fizzy drinks, cost approximately \$4 to \$6. A single lunch is about \$10, while dinner costs around \$15 in the USA.

Hot drinks at higher elevations cost around \$7 to \$9 per cup in the USA. Cold drinks, such as mineral water and fizzy drinks, cost approximately \$5 to \$7. A meal, such as lunch, is about \$13, while dinner is around \$17 in the USA.

## **Tips guideline**

Tipping is not mandatory, but it is a meaningful way to express gratitude for the services provided, in line with trekking traditions. It typically occurs on the final night of the trek, often accompanied by a celebration with the team. During this time, the support team shares their joy and emotions. The leader will guide the group in collecting the tips, which are then distributed by one of the group members to the team. The recommended tip for each Sherpa is \$ 70 to \$ 80, or an amount of your choice, excluding the trip leader. For the trip leader, depending on the group size, the suggested amount is \$ 35 to \$ 40 per person, or as you see fit.



### **For The Nepalese People**

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.

