

14 Days Manaslu Trek

Trip code	HH-MS-14
Package name	14 Days Manaslu Trek
Duration	14
Max. elevation	5106 m
Level	DIFFICULT
Transportation	All Ground Transportation
Accommodation	Hotel in Kathmandu and the best available lodge in the trek.
Starts at	Kathmandu
Ends at	Kathmandu
Trip route	Kathmandu-Sotikhola- Jagat- Dharmasala- Larkya La-Besisahar- Kathmandu
Cost	USD 955 per person

Highlights

- Trek through marvelous unspoiled nature and less crowded remote areas of Nepal
- Restricted Area Trekking to the Tibetan Border
- Explore ancient caves, forts and monasteries
- Cross the challenging Larkya La Pass (5,106 meters, 16,752 ft), one of the highest mountain passes in the world
- Witness marvelous Mt. Manaslu, the eighth-highest mountain in the world, Ganesh Himal, Lamjung Himal and Annapurna-II
- Explore and experience rare species of plants and animals in both Annapurna Conservation Area and Manaslu Conservation Area
- Experience the real thrill of being in wild nature with a typical Nepali village lifestyle and culture.
- Enjoy local authentic and hygienic cuisines on the trail

Overview

"Celebrate this 14 days Manaslu Trek with Massive Views of Mt. Manaslu

(8,163 metres (26,781 ft) and thrilling Larkya La Pass (5,106 meters (16,752 ft))”

Manaslu Circuit Trek Video

Manaslu Circuit Trek Video #himalayas #mountains #travel #Manaslutre...



14 days Manaslu Trek is a perfect adventure and ideal trek itinerary for **Manaslu Circuit Trek** in the off-the-beaten region of Nepal. **14 Days Manaslu Trek Trip** is a less crowded and off-the-beaten trail trekking in a remote area of Nepal located in the Gorkha district bordering Tibet where you can feel and experience the bliss of being in solitude with finest form of nature.

Manaslu Circuit Trek is not crowded like **Annapurna Base Camp Trek** and **Everest Base Camp Trek**. Everyone is going with either Everest or Annapurna for trekking in Nepal and the people who go with Manaslu Circuit Trek will be blessed with the more spectacular experiences of grand landscapes, exciting and thrilling trekking trails through wild nature and more astounding mountain views including the world eighth highest mountain, Mt. Manaslu(8163m).

If you are an adventure lover and passionate about experiencing a challenging and thrilling trekking trip in Nepal, then, of course, you should go with **Manaslu Circuit Trek** which is also known as

Manaslu Circuit Trek. This **14 days Manaslu Hike** takes you to the closest viewpoint to see **Mt. Manaslu 8,163 meters (26,781 ft.)**, the eighth-highest mountain in the world. The trekkers who are doing the **Manaslu Circuit Trek** can also witness Annapurna-II, Ganesh Himal, Larkey Himal and Lamjung Himal.

Read our blog posts related to Manaslu Circuit Trek

1. [New Additional Local Area Permit in Manaslu Region](#)
2. [Manaslu Circuit Trek in Spring](#)
3. [Manaslu Circuit Trek Package Cost Details](#)
4. [Manaslu Circuit Trek Transportation Service Details](#)
5. [Manaslu Circuit Trek Itinerary](#)
6. [Manaslu Circuit Trek Cost](#)
7. [Manaslu Circuit Trek- A Complete Trekker's Guide](#)

Want to know more about Manaslu Circuit Trek?

Excited to know about **Manaslu Circuit Trek** comprehensively? **Manaslu Circuit Trek [A Complete Trekkers' Guide](#)** Read this article and prepare well for your **14 days Manaslu Trek** in order to make it more exciting, safe and memorable.

"Manaslu Circuit Trek, an adventure lovers' best choice to put their footsteps in the lap of eighth highest mountain in the world, Mt. Manaslu (8163m)"

"Put Your footsteps at Larkya La Top (5106m), one of the world highest mountain passes. Feel the real thrills of adventure trekking in Nepal with fabulous Manaslu, Annapurna and Dhaulagiri mountains"

"Venture to the world's wildest region of Manaslu with true remoteness, calmness, vastness and tranquility of godliness of Nature"

Manaslu Circuit Trek Trail

The **14 days Manaslu Trek trail** is located in a remote area of Nepal and the trekkers can experience the real thrill of being into the wild nature with typical Nepali village lifestyle and culture.

The **Annapurna Conservation Area** Protects Manaslu Trekking trail and **Manaslu Trek 14 days** is restricted area trekking in Nepal like other restricted area trekking trips Upper Dolpo Trek and Upper Mustang Trek.

The trail takes you through the virgin landscapes, typical Nepali villages, natural water falls, deep river gorges, sacred and ancient monasteries to the border of Tibet where the trekkers can experience Tibetan civilization too.

What do people say about Manaslu Circuit Trek?

The trekkers who have done **Manaslu Circuit Trek** or **14 days Manaslu Trek** always recommend going with it to other trekkers who are looking forward to an adventure trekking trip in Nepal for a couple of weeks. A Couple of weeks' trek, **Manaslu Circuit Trek** will take you to the highest elevation, **Larkya La Pass, at 5,106 meters (16,752 ft)** above sea level, one of the highest and longest Himalayan passes in the world rewards you the first-class thrills of adventure with a massive mountain panorama including Annapurna massif, Ganesh Himal and many other numerous mountain summits in Manaslu Region.

According to the comments of the previous trekkers who have already done this **Manaslu Trek 14 days**, they comment that they did the finest decision by choosing the **Manaslu Circuit Trek** crossing one of the largest and highest mountain passes in the world, **Larkya La Pass (5,106 meters (16,752 ft.)** above the sea level with all the giant mountain peaks including Mt. Manaslu, eighth highest of the world. Frankly telling, **Manaslu Circuit Trek** in Nepal is far more exciting, memorable and adventurous than **Everest Base Camp Trek**.

More about Manaslu Circuit Trek

In this **14 days Manaslu Trek**, the trekkers will ascend to the border of Tibet and can view and capture astonishing mountain summits on the Tibetan as well. And, you will marvel at experiencing the blend of Nepalese and Tibetan culture and civilization on the trail while bordering Tibet. The Tibetan plateaus, arid landscapes, the winding river, **Budhi Gandaki**, suspension bridge, paddy fields, natural waterfalls, deep woods and rare species of animals and birds make your journey to **Manaslu Circuit Trek** more fascinating. Actually, **Manaslu Trek** refers **Manaslu Circuit Trek** which Takes you to **Larkya Pass (5106m)** which is the highest point of this trek and offer you an unexpected mountain views and thrills of adventure of being into the wild, virgin and unspoiled nature. The natural splendors you celebrate during **Manaslu Circuit Trek** will be a lifetime achievement.

Even, the trekkers who are doing their **Manaslu Circuit Trek** can visit and explore several ancient caves, monasteries (Syala Gompa and Pungen Gompa) and historical forts with astonishing age-old arts and architecture, religious insights, civilization, culture and way of life. This will be an asset for those who are doing the **Manaslu Trek** in Nepal.

The **14 days Manaslu Trek** is a truly adventurous, challenging thrilling but rewarding and one of the excellent trekking trips in Nepal for an adventure into the undisturbed nature and less crowded area. Wanna learn more about **Manaslu Circuit Trek Package Cost Details** This guide will help you tremendously for the well preparations of **Manaslu Trek**.

Excited to learn more about **Manaslu Circuit Trek**? If so, visit the articles **Manaslu Trek Cost**, **Transportation Service** and **Manaslu Trek Itinerary** and You will have several authentic and comprehensive trekking information about **Manaslu Trek**.

Permits Required for Manaslu Circuit Trek

Those who are doing or planning their **Manaslu Circuit Trek** or **Manaslu Trek**, require obtaining five different trekking permits. These are the **TIMS Card**, **Special/Restricted Area Trekking Entry Permit**, **Manaslu Conservation Area Entry Permit**, **Manaslu Local Area Entry Permit** and

Annapurna Conservation Area Entry Permit. We require collecting a special area entry permit since **Manaslu Circuit Trek** or **Manaslu Trek** is a restricted area trekking in Nepal as the trekking trails are located at the border of Tibet. , the Manaslu Trek overlaps the **Annapurna Conservation Area** along with the Manaslu Conservation Area so the trekkers need to have both the **Manaslu Conservation Area Entry Permit** and the Annapurna Conservation Area Entry Permit.

Manaslu Special Trek Permit Cost From September to November per week per person is **US\$ 70-100** and After 7 days per day per person is US\$ 10. and From December to August per week per person US\$ 50 and After 7 days per day per person is US\$ 7 /Or equivalent convertible foreign currency. In order to obtain Manaslu Special Area Permit, one needs at least group of two people. Solo traveler cannot get Manaslu Special Area Entry Permit.

TIMS Card costs **Rs. 2000**, **Manaslu Local Area Entry Permit** Costs Rs 1000 each the **Manaslu Conservation Area Entry Permit** and **Annapurna Conservation Area Entry Permit** cost **Rs. 3000** each and all these Manaslu Trek Permits can easily be collected from the office of the Nepal Tourism Board Located in Kathmandu. However, one can easily obtain all these **Manaslu Circuit Trek Permits** through the trekking company you are using for your trek by providing them with your passport copy and passport-sized photographs.

14 days Manaslu Trek Food and Accommodation

The trekkers who are doing their **14 days Manaslu Trek** will be having their meals at the local lodges/teahouses. The local teahouses have their own menu with certain items of food mostly with Nepali and Tibetan items. The cost of the food item is also mentioned there in the menu. The local lodges located along the trail like the lodges of Jagat, Deng, Namrong, Samdo ,Samagaon, Dharmasala etc provide all required foods and accommodation for overnight stay for the trekkers who are doing Manaslu Trek.

Food items like tsampa, porridge, noodles, bread, dumplings, Nepali Daal Bhat, chicken curry, macaroni, pizza, Tibetan bread and some Indian dishes are very popular on the menu. You can choose the item of the food and order for your breakfast, lunch and dinner. The most popular item of food you can enjoy in your **Manaslu Circuit Trek** is Nepali Daal Bhat, a typical Nepali cuisine. You can see popular quotation written ' **Daal Bhat Power 24 hours**' on the trail.

Drinks like tea, coffee, hot chocolate, hot water, soups cold drinks and alcoholic drinks are also available in the local teahouses. Allocate some extra personal expenses for these items in **Manaslu Circuit Trek**.

You will use the same lodges/teahouses for overnight stay as accommodation. The lodges have very basic rooms with neat and clean beds. Normally, one room is shared by two travelers. The beds are comfortable enough to stay overnight on the trekking route. The toilets are outside of the rooms and you will hardly have a hot shower during the trek and you need to pay for the hot shower extra. Carry all required items of toiletries you use on the **Manaslu Circuit Trek** as the trail is located in very remote area of Nepal and you may not get the items for toiletries during the trek.

One item of food cost on the Manaslu Trekking Trail ranges between Rs. 300-1200 depending on the item you choose to eat.

14 days Manaslu Trek Difficulty Level

If you have a question like how difficult is **Manaslu Trek/ Manaslu Circuit Trek**? If so, you need to know the level of difficulty before you board on the trek.

Manaslu Circuit Trek is a challenging trekking trip in Nepal in off-the-beaten less explored and less crowded areas bordering Tibet. The Manaslu Trek lets the trekkers experience the real thrills of adventure taking them above 5000m into the core and wild Himalayas including Mt. Manaslu (8,163m) the world's eighth highest mountain and Ganesh Himal and the entire Annapurna mountain range.

The trekkers should be adventure lovers and they will climb up to 5140m which is Larkya La Pass, one of the highest mountain passes in the world. On crossing **Larkya La Pass**, you will be mesmerized to witness and experience the thrilling mountain summits towering into the horizon. You will not even believe your eyes to see such wonders of nature with the world-class adventure.

The trekkers need to work at least 8 hours a day before they get to the lodge for an overnight stay. They need to have a sound level of fitness and stamina with a good level of confidence to conquer over **Manaslu Circuit Trek**.

Since the **Manaslu Trek** is a strenuous trekking trip in Nepal with challenging ups and downs, one is required to prepare with all sorts of techniques boosting a high level of stamina and confidence beforehand the trek formally begins.

Manaslu Trek Altitude

The Manaslu Circuit Trek or also know as Manaslu Trek is an extraordinary journey, offering a thrilling blend of diverse landscapes, rich culture, and high-altitude trekking. Formally, Starting from Soti Khola at an altitude of around 2,362 feet (720 meters), you'll find yourself gradually climbing as you move through lush green hills, rivers, and traditional Gurung villages. But now, the buses from Kathmandu directly take the trekkers to Sotikhola and you don't need to walk and you will drive to Machhakhola which is located at an elevation of 840m above the sea level.

By the time you reach Machha Khola at 2,755 feet (840 meters), the terrain starts to change, and you feel the increasing elevation as you head toward Jagat at 4,593 feet (1,400 meters). The trek continues through charming villages like Deng at 6,069 feet (1,850 meters) and Namrung at 8,629 feet (2,630 meters), where you'll start seeing the breathtaking Manaslu peak.

As you climb further, you'll reach Samagaon at 11,482 feet (3,500 meters), where the altitude becomes more noticeable, but the incredible views of Manaslu make it all worth it. Samdo sits at 12,795 feet (3,900 meters), and it's a great spot to acclimatize before the big push toward the highest point of the trek.

The trek's highlight is crossing Larkya La Pass, standing proudly at 17,060 feet (5,160 meters). This is the most challenging and rewarding part of the trek, offering jaw-dropping panoramic views. From here, you descend to Bhimtang at 12,139 feet (3,700 meters), where you can finally take a breather before continuing down through lower altitudes. Trek to Gowa 2,535 m- 04 hrs. and trek to Dharapani (1,860 m (6,100 ft) and drive to Besishahar 760m (7 hrs) Finally, you will Drive Back to Kathmandu

(1320m-7 hrs) to end Manaslu trek.

Are you ready for this adventure?

Risks and Challenges on Manaslu Trek

Since the **Manaslu Trek** is challenging, the trekkers may have some risks on the trip. The common risks and challenges on **Manaslu Trek** are weather challenges, altitude sickness challenges and risk and food and accommodation challenges.

As the trekkers are ascending above 5000m above the sea level that is **Larkya La Pass (5106m)**, they may have altitude sickness issues but not with all. Some people face it and digest but some cannot and as a result they have to give up the Manaslu trek. So, you need to know about **altitude sickness** and preparations to prevent it.

Also, during peak trekking seasons in Nepal like Spring(Mar-May) and Autumn(Sep-Nov), people who are doing their **Manaslu Trek** may have difficulties in finding the right foods and accommodations as hundreds of trekker board on the trail and the local lodges/teahouse are crowded. You should think about it and arrange it accordingly beforehand the trek begins.

Thirdly, the trekkers who are doing their **Manaslu Trek** may have to face some weather extremes like heavy snowfall and rainfall on the trail. Sometimes, you may require crampons and ice axes to avoid snow/ice on the trail. Be careful and check the **weather in Nepal** before you depart.

Most importantly, If you encounter snowfall at Dharmasala, it is considered to be very challenging to ascend up to Larkyala Pass and conquer over it. Therefore, needs to be very careful about the weather extremes before you go to cross the highest elevation of Manaslu Circuit Trek, Larkya La Pass(5106m).

Transportation for Manaslu Circuit Trek

Two options of road transportation are available for **Manaslu Circuit Trek**. Public bus ride and private or sharing jeep ride to Machhakhola from Kathmandu are the two transportation options for **Manaslu Circuit Trek**. No domestic flights and luxury tourists' buses are available for **Manaslu Circuit Trek** and while you are returning from Dharapani, Besisahar to Kathmandu, you have to do the same.

The distance you cover from Kathmandu to Machhakhola during this drive is 163km spending long 9-10 hours. One can get night bus ride as well to go Machhakhola from Kathmandu via Gorkha Bazaar, the district headquarter of Gorkha. You can also drive via Dhading Bensi, the district headquarter of Dhading which is shorter distance to drive and more comfortable. Actually, it's better to know about **Manaslu Circuit Trek Transportation Details** beforehand boarding onto the Manaslu Circuit Trekking Trail and do all the required preparations and booking for reliable transportation for the trek.

While returning from **Manaslu Circuit Trek** from Dharapani and Besisahar to Kathmandu, you have more options like micro buses, van, car, jeep and other public buses. You, mostly, drive along Prithvi Highway while using road transportation for **Manaslu Circuit Trek** alongside of popular Trishuli River.

Manaslu Circuit Trek Online Booking

Manaslu Circuit Trek Online Booking can be done instantly anytime you like. For this, you require finding a authorized trekking company with professional trekking crew. You can use the internet platforms or search engines like Google in order to book your **Manaslu Circuit Trek** in Nepal. Before booking your **Manaslu Circuit Trek**, you must read all terms and conditions and payment systems.

More importantly, you need to know about **Manaslu Circuit Trek** in detail before you book your trip. How difficult is **Manaslu Circuit Trek**? How to Prepare for Manaslu Circuit Trek? What are the required permits for Manaslu Circuit Trek? How long is Manaslu Circuit Trek? Is Manaslu Circuit Trek for you? are the common and very important questions and you must find very authentic and comprehensive answers to these questions beforehand you book your Manaslu Circuit Trek.

It is recommended to book your **Manaslu Circuit Trek** at least 3 months prior to the trek beginning day. As Manaslu Circuit Trek is an adventure trekking in Nepal to the remote area of Nepal and you are ascending above 5000m. That's why one requires planning and preparing at least 3 months prior all required trekking gears and by boosting up your stamina. Trekkers must begin preparing their **Manaslu Circuit Trek** at least 3 months prior to fit themselves to walk 8 hours a day covering 9-10 kilometers a day in high altitude above 3000m.

Even, some people fix **Manaslu Circuit Trek** booking 6 months or even a year prior to the beginning date so that they can exercise a comprehensive preparation and planning beforehand. Proper and organized preparation and planning helps you grandly accomplish your **Manaslu Circuit Trek**.

Manaslu Circuit Trek 2025/2026

Manaslu Circuit Trek 2025 and 2026 can be booked now and saved for future. As the number of adventure enthusiasts is very passionate doing Manaslu Circuit Trek in near future like 2025 and in 2026, it will be a fine idea to save your trip for the upcoming years. You can find the best weathers (Autumn and Spring- the months of Sept, Oct. Nov, Mar, Apr and May) of the years 2025 and 2026 and book your **Manaslu Circuit Trek** if you are an adventure lover and set your footsteps above 5000m in Nepal's Himalayas with world eighth highest mountain peak, Mt. Manaslu.

Before booking **Manaslu Circuit Trek**, do ask the trekking experiences with other people who have already done the trek successfully and prepare accordingly. Take help from Manaslu Circuit Trek Guide and go for it.

Manaslu Circuit Trek 2025 and 2026 will be more convenient and more exciting as the foods and accommodation and transportation facilities are being upgraded to comfort the trekkers who are on Manaslu Circuit Trekking Trail. Even the facility of communication like phone calls, Wi-fi and internet facilities are being upgraded so that the trekkers who are doing **Manaslu Circuit Trek** can enjoy all better facilities of communication connecting them to the world during the adventure trekking in Nepal.

Important information for the trekkers that Manaslu Trek will undoubtedly become more popular than in recent few years as the Manaslu Circuit Trekking Trail is being more facilitated and more number of trekkers will love adventure trekking like Manaslu Circuit Trek than Annapurna Base Camp and Everest Base Camp in 2025/2026.

Manaslu Circuit Trek Free Online Consultation

Manaslu Circuit Trek Free Online Consultation is available with Haven Holidays Pvt. Ltd. We can offer you a free comprehensive, professional and authentic Manaslu Circuit Trek Online consultation using internet platforms like email attachments, **WhatsApp** , Viber, Zoom ID, Google Meet, direct call: 977-9841718385 and **Facebook** . For this, you can either email or call us for booking your preferred date for the online consultation. Our professional and experienced team will work all round the clock to impart you the most authentic information regarding **Manaslu Circuit Trek** before you go for booking and before you venture on the trail. You don't need to pay any fees for this consultation via us. After you have some sessions of free online consultation about Manaslu Circuit Trek, you can better prepare for the trek and have more confidence and skills to accomplish your adventure trip, **Manaslu Circuit Trek in Nepal**.

Manaslu Trek Tea Houses

Manaslu Trek Tea Houses are very basic and ordinary as Manaslu Trek is remote area trekking in Nepal. Since Manaslu Trek route is not well facilitated as other trekking routes like Annapurna and Everest, one has to satisfy and be happy with whatever is available in teahouse in Manaslu Trek.

The Manaslu Trek Tea Houses provide a very ordinary twin sharing basis accommodation to the trekkers. The toilets are outside of bedrooms and the toilets are common to the all trekkers who stay overnight in the same teahouse. Manaslu Trek Tea Houses are like local homestays where one can have the very authentic taste of rural lifestyle, local cuisines and hospitality. You can stay with the local people and share the same kitchen and the dining, but not beds okay!! If you are interested you can do share the beds as well.....HEEEEE!! No No Just Joking guys.

Teahouses in Manaslu Trek provide you food menu with certain items of foods and their costs. Mostly, Nepali Dall Bhat Set, Egg Items like omelette, boiled eggs, scrambled and poached eggs, veg items for vegan and vegetarian, some continental, Asian foods are also available in the food menu at local teahouse in Manaslu Circuit Trek. Noodles, vegetable curries, chicken items, dumpling, bread items, pizza etc are some of the other items of food items available in Manaslu Trek Tea Houses. So, both non-veg and veg can enjoy the food item they want in Manaslu Circuit Trek. The local chefs cook foods for you with locally grown ingredients and fresh vegetables.

You guys can enjoy phone calls and Wi-fi facility in the tea house in Manaslu Trek route. You need to pay some extra cost for Wi-fi accessibility and connectivity like Rs. 300-500. Hot Shower? Yes, you can enjoy it but with extra cost ladies and fellas. You need it when you sweat in the Manaslu Circuit Trek Route and you can have hot shower in local tea house in Manaslu trek with the extra payment like Rs 400-600 per shower. Manaslu Trek Tea Houses provide either solar heated or gas heated shower to the trekkers.

So, Manaslu Trek Tea Houses are very simple and homestay-like where trekkers can enjoy the true Nepali rural lifestyle with authentic local cuisines with twin sharing bed. If you want, you can get private accommodation as well but it may not be possible to get private accommodation in Autumn and Spring as these two trekking seasons are best time of the year for Manaslu Trek. All Manaslu Trek Tea Houses are locally owned and run by the local people.

Can I do Manaslu Circuit Trek in December?

Manaslu Circuit Trek in December is almost impossible as the heavy snowfall occurs above 4000m while ascending to Larkya La Pass(5106m) above Dharmasala (4450m). But, it is still doable in early December. Actually, from Mid December to late December, Nepal's mountain region bears massive snowfall which interrupts the trekkers who are going challenging trekking trips like Manaslu Circuit Trek covering the trekking trails and there is also threats of avalanches in winter months: in January, December and February. You will encounter massive snow at Dharmasala during mid December to end of February. So, it is very hard doing Manaslu Circuit Trek in December and January and February. The weather is unpredictable in December and the trekkers who are doing Manaslu Circuit Trek may have to encounter several weather extremes challenges. The temperature ranges between 5 to -10 degree Celsius in the month of December in Manaslu Circuit Trekking Trail. So, doing Manaslu Circuit Trek in December is not recommended. The best month for Manaslu Circuit Trek is November as you have clearest weather condition, no snowfall and spectacular mountain views.

Trip Itinerary

Day 1 : Arrival in Kathmandu 1,320 m and transfer to hotel.

On your first arrival at **Kathmandu** and Nepal International Airport, **Tribhuvan International Airport**, a Haven Holidays representative will receive you. After getting introduced to the staff, your baggage will be loaded either in car, coach or bus as per group size. A short drive to the center of Kathmandu city, Thamel where your hotel is located. Thamel is the most popular tourist hub in Nepal and you can have every kind of access here.

On checking into your lovely rooms, getting refreshed from a long international flight for several hours, then get ready for group briefing. Where you will meet with other members of **Manaslu Circuit Trek**. The guide or group leader brief with related information regarding the trek, culture, accommodation and foods. It includes information about hours of walks and overnight stops and views along the treks.

Enjoy evening in Thamel with beautiful dinner and other activities you like to do. Prepare for the next day's long drive to Machhakhola for minimum 8 hours.

Day 2 : Drive to Machha Khola 900 m / 2,952 feet. Driving distance: 160 km / 99.5 miles. Approx. 8 hrs.

Starting the **Manaslu Circuit Trek** an adventure, the early morning for a long and interesting overland journey. Heading beyond Kathmandu valley, and down to low warm farm villages and towns.

You begin this long drive with a packed breakfast from the hotel where you stay. The drive follows the main highway, then diverts from the busy road, heading towards the mid-hills of Dhading and Gorkha areas. On leaving the main good road, the drive continues on country dirt tracks towards low farm areas at **Machha-Khola**. A moderate village, slowly developing into a town, having several good simple lodges.

Check into the best lodge available for an overnight halt, after a long interesting drive arriving on time before dinner.

Day 3 : Trek to Jagat 1,340 m via Dovan 1, 070 m -06 hours.

Another early morning starts after breakfast for the first day of trekking, which leads to a long walk to Jagat village. Trekkers might feel better walking than the long drive of yesterday, beginning the morning following the **Budi Gandaki River**.

They head past several spread-out farms and smaller villages to enter a cool shade of forest. As the walk continues up the river on a narrow path with short up and down. The trail leads to cross **Tharo Khola** / stream to **Khorla Besi**, then climbs and descends. Then reach Tatopani, a place with natural hot springs, from here climb over a ridge across the **Budhi Gandaki**. Crossing a suspension bridge, the walk follows on stone stone-paved staircase to Dovan for possible lunch. A small farm with few simple lodges to accommodate travelers.

Afternoon starts to cross another suspension bridge over **Yaru Khola**, as it leads climbs on stone steps reaching **Tharo Bhanjyang**. Lovely Gurung villages with lush green forest above. The walk continues towards the west bank of the **Budhi Gandaki River** with the last limb of the day to reach **Jagat**. A nice moderate-sized village having good lodges and shops. From here start the entrance to **Upper Manaslu** and **Restricted Area** of Nepal. At **Jagat** after a tiring long day walk, check into a nice lodge, and rest before dinner.

Day 4 : Trek to Deng 1,860 m via Philim village-06 hours.

Today's walk is fairly moderate with a slow climb with some descent, after a good breakfast, start the morning from Jagat. The trail follows various landscapes and walks into dense forest to cross a small stream. The journey continues past farm terraces and villages, and over a rocky ridge to Salleri, then down to Sirdibas. The valley widens as the walk heads towards Ghatta Khola / stream, following the path to cross a suspension bridge. On reaching a large farm village at Philim, from here head north above the village. Walk leads on a fairly level trail through crop fields of millets, then reaches a small settlement of Ekle Bhatti.

After having a few refreshing stops, the trail leads to a steep, uninhabited gorge downhill to a grassy slope. The trail gets wider on reaching a bamboo forest to Deng Khola, crossing the stream then the day walk ends reaching an overnight stop at Deng. A small, nice village, and from here onwards one can experience the Tibetan culture.

Day 5 : Trek to Namrung 2, 660 m-06 hours.

The walk from **Deng** onwards gets better and more interesting around important and culturally significant sections of the adventure. The morning walks head across the **Budhi Gandaki River** with climb further to Bihi a small place.

The walk follows the north-west of the valley through a forested path and dense vegetation past a few smaller farm villages. On a walk with a great glimpse of the giant peaks of the region, facing views of Sringi Himal. The trail leads to cross Budi Gandaki River several times

and then comes across Buddhist prayer monuments and Gumpa. The last part of the walks rewards the magnificent experience of observing the Manaslu Conservation Area which has preserved the region to its pristine form. The trek leads to the last steep climb of the day to Namrung for an overnight halt, a lovely village. Namrung with good guest houses and lodges provides a comprehensive food menu to enjoy overnight stop in **Namrung**.

Day 6 : Trek to Lo-Gaon 3,180 m-05 hours.

After a pleasant overnight halt in a lovely lodge at Namrung, having a nice breakfast. The morning begins with a gradual walk towards Lo-Gaon, another beautiful village, as the walk leads enjoying grand views of snow peaks. Overlooking views stunning views of Sringi, Ganesh Himal, and Himal Chuli towards the south.

The trail climbs through a lovely cool forest to Lihi, a small farm village with many stupas and terraces of barley and buckwheat. The walk heads down across the side of the valley floor, the trek continues further to Sho village. Slowly the day walks complete reaching Lo-Gaon for an overnight stop. A nice village, located on beautiful, scenic landscapes amidst lovely woods of pines and rhododendrons.

Above Lo-Gaon enjoy views of majestic Mt. Manaslu North Face. Overnight in one of the best lodges with time to explore the village and **Ribung monastery**.

Day 7 : Trek to Sama-Gaon (3,500 m /11, 480 feet)-05 hours.

From Lo-Gaon, having a pleasant overnight stay, today's walk heads towards **Sama-Gaon**, the main village around Upper Manaslu Valley.

Start the morning walks on a gradual trail, with slow winding ups and down to Shayla, a nice small village. The walk continues along with impressive views of **Mt. Manaslu**, Himal Chuli and Peak 29 (Ngadi Chuli). Includes views of Manaslu massif glaciers straight above from the trail with an array of snow-capped peaks.

The walk slowly comes to an end reaching **Sama-Gaon** for two overnight halts, in the comfort of a nice lodge.

Day 8 : At Sama-Gaon rest day for acclimatization and excursion.

Enjoy a well-earned rest and a free day in **Sama-Gaon**, the best place and right altitude for acclimatization. Very important before heading towards the highest point of the adventure on top of **Larke-La**. Several options that one can enjoy on a free day, explore Sama-Gaon the traditional village of great culture.

Energetic trekkers can take a short day hike in old Pungyen Gumpa. A monastery with dramatic grand views of the glacier as well as visit the serene glacial pond of **Birendra Tal**. Sama-Gaon is also on route Mt. Manaslu Base Camp, a walk of more than 4 hours. It will be a tiring walk with a rise of high altitude, both ways take nearly more than 6 hours. Not recommendable unless the trip involves base camp, staying overnight in a tented camp.

Day 9 : Trek to Samdo (3,875 m/12,713 ft) -04 hours.

Enjoying a pleasant moment at **Sama-Gaon**, the morning walks heads down to Budhi Gandaki River. The trail follows to a small bridge coming across rows of Mani walls, as walk proceeds, the valley opens wider after an hour of good scenic walks. During the walk facing views of giant snow peaks, as walk leads closer towards Samdo village. A short climb to Samdo village the last village of Gorkha and Manaslu Valley, located on a high plateau. Which is on route to Nepal and Tibet border as well as to Manang areas via **Larke-La Pass** (5160m).

Overnight in a nice simple guest-house or in a lodge, overlooking views of snow-capped peaks.

Day 10 : Trek to Dharamsala (4, 450 m /14, 596 feet)-04 hours.

From Samdo a short morning walk to the end of the valley rim at Dharamsala, or Larke Phedi. At the base of **Larke-La Pass (5106m)**, the walk follows down to a river bed and crosses streams towards our overnight stop. As well as for lunch, an exciting small place with few huts, serves as a lodge and guest houses. During the high seasons of trekking, this place can be crowded, and some visitors have to spend overnights in tents. The camping is provided by the lodge, but foods are served in the dining of the guest house. Afternoon enjoy the surrounding views of towering peaks with glaciers fed from the Larke peak.

Day 11 : Trek to Bhimtang 3, 590 m via Larke-La Pass 5,106 m -08 hours.

A big and long day of adventure, rising early for breakfast and then on the move, following the lead guide. The walk leads past Dharmasala and then climbs on an undulating uphill path over a moraine and a few traces of glaciers.

After hours of strenuous climb having few stops, they reach on top of Larke-La Pass. The top is festooned with Buddhist prayer flags and rock cairns, the sign board stands with the name of the pass and altitude. From Larke-La pass enjoy the stupendous panorama of the Snow Mountains. Overlooking views of Manaslu as far towards Ganesh Himal with Himlung Himal, Cheo Himal, with peaks of Annapurna II-III, IV. From the top, after a spectacular panorama, a long descent leads past Cheo Danda and Larcia, small yak herder settlements. Finally after a long downhill reach the bottom of Larke-La.

From the western base of Larke-la enter the Manang district and back into a forest of tall trees of rhododendron, pine and oaks. The walk gets better near the lever path to reach Bhimtang for an overnight halt, this place is also called Bhimthang.

Bhimtang, located on a lovely wide grassy meadow amidst pine forest has several nice, good lodges.

Day 12 : Trek to Gowa 2,535 m- 04 hrs.

Today's walk is much shorter to **Gho**, a small settlement with few nice lodges for overnight stops. We have allowed short day, due to tough long walks of previous day, start the morning

having leisure breakfast. The trail follows downhill through dense woods, a pleasant morning walks with few short ups to reach Gho. After a great lovely morning walk to **Gho** for overnight lunch and overnight halt, having time to relax and enjoy the surrounding magnificent views.

Day 13 : Trek to Dharapani (1,860 m (6,100 ft) and drive to Besishahar 760m (7 hrs)

Walk down to Dharapani through picturesque landscapes and local villages for 3-4 hours via Tilche. Tilche is a beautiful local town with some teahouses for lunch and some light snacks.

After arriving at Dharapani, you will take a jeep drive to Besisahar. This drive will last for 3-4 hours again with marvellous views and experiences driving along the country off-road. You will encounter some natural waterfalls and paddy fields before you arrive at Besisahar.

Day 14 : Drive Back to Kathmandu (1320m-7 hrs)

Enjoying a pleasant overnight stop at Bhesisar town, morning having breakfast taking a ride on vehicle. As per the size of the group, the overland journey on a good motorable road to Kathmandu. On leaving Bhesisar town, the drive heads towards Dumre town, situated on the main Pokhara and Kathmandu highway.

From here the ride is more enjoyable and exciting on the busy highway, following the Marsyandi and Trisuli River for some hours. Then on winding uphill to the valley rim, overlooking views of Kathmandu city. After an hour from the valley outskirts reach back to the hustle and bustle of city life of Kathmandu.

On arrival in Kathmandu, transfer to your respective hotels for the last overnight in Kathmandu and in Nepal. Evening a farewell group dinner before parting from each member of different nationalities.

Evening farewell dinner in a nice authentic Nepali restaurant, dinner with an exciting Nepali cultural program.

You can prepare for the next day's departure to homeward or can begin another trip.

Inclusions

What is included?

All Arrival and Departure transfers from airport to airport.

Twin sharing room on best tourist standard hotels in Kathmandu on a bed and breakfast basis only.

Transport Kathmandu to Machha-Khola and from Dharapani to Kathmandu via Bhesisar.

Twin-sharing accommodation on best available lodges/Guesthouse includes Breakfast. And if you go with a full Board meal it means Breakfast, Lunch and Dinner are added only (US\$, 240 per person)

Service of guide and Porter as per the size of the group(It means, two people and one porter) Wages, meals, medical allowance of guides and porters.

Gift of Haven Holidays T-shirt or Cap.

Applicable Special Trekking Permits for Restricted Areas, include MCAP, ACAP and TIMS.

Comprehensive Medical Kit carried by our staff if required for minor wounds and sickness.

Farewell dinner in Kathmandu.

What isn't included?

Nepal Visa, Personal Medical & Travel Insurance.

Expenses of a personal nature

Gratitude or tipping for trekking staff, drivers, porters and guides.

Personal trekking gear, including sleeping bags and down jackets.

Emergency Evacuation if required by any means of transportation, including any quick transport Service.

Personal medical kit, as advised by your doctors.

Early return from the trek due to personal domestic or medical reasons, no refund will be entertained on breaking the journey.

Lunch and Dinner all around the trip.

Trip Info

Booking and Cancellation

Booking

In order to book **Manaslu Circuit Trek**, you have to find the **book now** button and click it. After that, you will see a form where you will fill up all the required information for the trip including departure date you want and click the button submit. Now you have successfully completed the form and we will reply your email promptly.

Deposit for Booking

One needs to transfer or deposit 25% amount of the total cost of the trip. Once you have made the advance payment, you need to inform our team for the confirmation of the trip. We will let you know that your deposit has successfully transferred to our back account and you will be given the payment slip that proves you have paid to us for the reservation of Manaslu Trek.

Cancellation and Refund

You can cancel your booked **Manaslu Circuit Trek** if you want, but no advance payment will be returned to you. It means, no refund will be transferred to your account again for the cancellation of the trip.

Actually, once you book the trip, our team needs to prepare the transportation; accommodation and the trip crew for your trip and the company will already make certain payment to other operating sections. Therefore, the other operating department like transportation, food and accommodation, trekking crews are not ready to return the advance payment to us. This is the reason we are not going to return you back the advance payment. But, you can postpone the trip for future. We will offer you the same or other equivalent trip whenever you want in the future.

Trip Postponement and Transfer

Though you cannot get the refund after you cancel your planned **Manaslu Circuit Trek**, you can postpone it for future and you can do whenever you have favorable time for you. Or, you can transfer the same trip to your family members, friends and relatives. If you want you other people who are closer to you do this trip, you can do transfer of offer this trip as a gift. But for this, we require valid and reliable evidence like email address, other contacts and all requires contracts we made previously.

Training for High Altitude

Training for high altitude means training for boosting your stamina to successfully cope with the new elevation your body gets during the trip in the Himalayas. For this, you require doing short hikes and joggings, aerobics, regular exercises like jumba dances, walking up and downs with small backpack, joining gym for cardio and other exercises and primarily, jogging, cycling, futsal, football and **short hikes/treks** in the hill. You can practice both slow joggings and quick running that will help you a lot in the mountain to adjust with new and high elevation you gain.

If you do above mentioned things very periodically, you will be able to battle **mountain sickness** and you will enjoy your trip blissfully. It is a must thing to do before you board on the trip in order to delightfully celebrate the trip in the mountain with new elevation, new culture and the atmosphere.

Burn your fat if you are fatty/obesed, **address serious sickness** in your body if you have by consulting your doctor, stop smoking and drinking (heavily) if you can, avoid stress and mental burden, have balanced diet and keep your body fit and fine to work out in the mountain at least for 4 hours to maximum 8 hours with little backpack for the trek you want.

If you love doing **outdoor sports** like lawn tennis, football, basketball, volleyball, badminton and any other games and sports, continue them and practice harder for the **Manaslu Circuit Trek**.

Preparations for Manaslu Circuit Trek

If you prepare the trek very well in a finely organized way beforehand, it is said, half of the trek is already accomplished. Therefore, one requires preparing the trip with all requires things to carry and keeping oneself fit and fine. As Manaslu Circuit Trek is really stressful and challenging trekking trip in Nepal, one requires a very wider and comprehensive preparations for the trek to Manaslu Base Camp.

Best Ways for Preparing Manaslu Circuit Trek

- Boost up your stamina mentally and physically in order to be capable to adjust with the new elevation and atmosphere you will get to during the trip
- Get and pack up all necessary equipment for the trek
- Get and pack all required personal equipment and gears
- Do some research on the trek you are doing and the region you are heading to and you are going to explore
- Ask about the trip with someone who have already done it and collect important information
- Address health issues if you have any before you depart for the trip
- Prepare all required medicines you must take on the trip regularly if you are doing it
- Let your friends, family or relatives know that you are going Nepal for the trip, destination and duration
- Prepare mentally how you are going to spend your budget on different titles and carry/collect enough budget for the trip but don't try to be prodigal, just enough
- Prepare a comprehensive travel insurance and confirm that your trip is booked and reserved
- Check the weather condition before you depart for the trip
- Let your travel partner/ company/operator what kind of person you are: vegetarian, non-veg, female, and solo-travelling lover, spiritual traveler, adventure lover, city and luxury lover and similar so that the crew/team can prepare your trip in a better way.
- Book your both ways international flight tickets and confirm it so that it will be easier for you to return homeward
- Get every information very clearly beforehand the trek

Arrival

You will arrive either by air or land to Nepal. If you arrive in Nepal by air, you have to use only **Tribhuvan International Airport for Manaslu Circuit Trek**. Instead, if you use the road, you can enter or arrive in Nepal by land, you can different borders of Neighboring countries (India and China) like Jogbani, Raksaul, Sunauli, Birjung, Kakarvitta, Tatopani, Rasuawagadi etc. You can use whichever entrances you like to suit your comfort and convenience.

On Arrival, you will have the **on arrival visa instantly** if you have not applied Nepal visa for Nepal through the consulate centers or Nepal Embassies nearby you or your city. Actually, it is recommended to have visa on your passport before you go Nepal for Manaslu Trek. But, within half an hour after you apply for the visa, you can get an instant authentic visa on your passport after producing all required documents for visa.

Tourist Visa Nepal

A tourist Visa is **on arrival visa** in Nepal. It means tourists who are visiting Nepal can get the visas instantly on arrival at International Airports by producing all required documents. **TIA (Tribhuvan International Airport)** under the Department of Immigration has been facilitating tourists flying to Nepal by providing visas on Arrival. The 'On Arrival' visa procedure is very quick and simple. Within 5-10 minutes, you will get a visa on your passport. However, you can expect some queues during peak Tourist season If you wish to skip those queues, you can also consider getting a Visa from Nepalese Diplomatic Missions stationed abroad before your arrival. If you have possible, we recommend you obtain a visa before you enter Nepal from the diplomatic missions located nearby you so that you don't need to bear any hassles during the process of obtaining the Tourist Visa Nepal on arrival. The choice is yours.

Transfer to Hotel

The majority of people/trekkers enter Nepal by air and that is via Tribhuvan International Airport. We receive

you at the arrival of any entry point of Nepal or mainly at Tribhuvan International Airport without any delay according to your arrival time. It may take some time like 30 minutes to collect your luggage and for security checking at the airport. After that, you make your way to the exit of the airport and the Haven Holidays Pvt. Ltd. Representative will be waiting there holding the Board Written "Haven Holidays Pvt. Ltd" As you see the board, you have to go with him or her and we will make a very comfortable transfer to the hotel you are staying overnight. The transfer from **Tribhuvan International Airport** and **Thamel**, the hotel where you are staying will take just 30 minutes drive.

Get checked in the hotel take a rest and get refreshed. We will give you the time for orientation after you get checked into the hotel.

Orientation Meeting for Manaslu circuit Trek

As you are given the time when you get checked in the hotel, you will be followed by our staff for the orientation about your **Manaslu Circuit Trek**. It may be on the same day or later the next day early in the morning at breakfast. Follow the instruction given by our representative.

Or professional trekking experts will briefly let you know the trip you are undertaking from the next day or the same day onward. You will be stated about the highlights of the trip, preparations, equipment, food and accommodation, guide, porter, etc.

If you have any queries, you can put them in this orientation meeting before you depart for your trip next day.

Transportation for Manaslu Circuit Trek

Manaslu Circuit Trek Transportation entirely depends on two ways: jeep ride and public bus ride; no luxury tourist buses and domestic flights connect the trailhead (Machhakhola) of **Manaslu Circuit Trek**. Also, while returning from the trek from Dharapani and Besisahar, you have to go with the same things: jeep ride and bus ride back to Kathmandu.

You can drive to Machhakhola/Sotikhola via Dhading Bensi or Gorkha Bazaar. Actually, you don't get regular and scheduled public buses via Dhading Bensi and you have to use either private jeep or sharing jeep ride from Arughat to Machhkhola. The public bus ride from Kathmandu to Sotikhola/Machhakhola via Gorkha Bazaar cost Rs. 900-1000 per person. You will do the same while returning from the Manaslu Circuit Trek as you wrap it at Dharapani. From Dharapani you take sharing or private jeep [Manaslu Circuit Trek Transportation Service Details](#) for Besisahar and then you can go with either bus ride or private car/jeep ride for Kathmandu,

The total distance you cover on this drive is 145km from Kathmandu to Machhakhola via Gorkha Bazaar. If you drive via Dhading Bensi, the distance will be little shorter and you are getting Machhakhola sooner. But, no regular scheduled bus services are available via Dhading Bensi to go to Machhakhola from Kathmandu. You have to go with private jeep ride if you choose to drive shorter distance via Dhading Bensi.

While driving from Kathmandu to Machhakhola, largely, you will drive along the Prithvi Highway with smooth road and the final section of the road while approaching to Machhakhola is little rough while passing through country landscapes.

Overall, prepare driving through country landscapes and mountain panoramas for more than 8 hours from Kathmandu to Machhakhola covering 145km.

Accommodation and Toilet Facilities on Manaslu Circuit Trek

You will have **very basic** but **neatly organized** accommodation and toilet facility on the **Manaslu Circuit Trekking** Trail in the mountain while trekking. The accommodation will be twin sharing basis in a group trip and if you have private trip, you will get single room for you. The beds are comfortable enough to spend a single or double nights in the mountain in local lodges run by local people in **Manaslu Circuit Trek**.

Normally, the lodges/teahouses/hotels and guesthouses are made up of woods and rocks and are run by local people. They try their best to comfort you during your stay with providing you extra piece of blanket and making your bed more comfortable. But, one important thing to carry during your trip in the mountain is your private sleeping bag which will make your nights more comfortable in the mountain at higher elevation and you can easily battle chilling cold nights and make your body warm.

It is very rare that you get suite room as your accommodation in the mountain. The toilets are detached from the bedrooms and you should be ready share the toilet with other trekkers in the mountain. You, sometimes, can get the room with attached bathroom/washroom/toilet but it will be very rare. If you get this kind of attached bathroom accommodation, consider that you are very lucky and thank your trekking leader/guide.

Carry enough roll/toilet paper for the toilet use during the trek in the mountain. You can prepare it from the cities and even you can get them on the trail, but will be more expensive to get them on the trail.

Best Time for the Manaslu Circuit Trek

The months of **September, October and November** are the best times of the year for the **Manaslu Circuit Trek**. Best of Best, October and November are the best months of the year for Manaslu Circuit Trek.

Second best time of the year is the months of **March, April and May**. These times of the years are known as Autumn and Spring respectively. In fact, people's first preference for the best time of the year for the trip is Autumn and secondly they also go with Spring.

These two times of the year are almost similar to offer you the most marvelous weather conditions and mountain views with no rain and no snowfall. But, in spring, you may have slight rainfall on the trail, but not heavy.

The Autumn will be in festive mood and the spring will bring you a lot of happiness with new migratory birds and blossoms including flowering rhododendron. It depends on you who weather you like and also you need to consider your vacation. Best of all, we recommend to go with Autumn for your trip in Nepal as the weather condition, cities and mountains are in your favor [Weather in Nepal](#) . If you are favored by the weather, you can easily conquer over **Manaslu Circuit Trek** and **Larkya La Pass (5106m)**

Manaslu Circuit Trek Last Minute Booking

Last-minute booking is always open for you but the same package tends to be a little more costly

than the regular departure dates trip packages. You can book the trip you like on our website even a day before the trip begins.

If you are lucky, then, the last minute may be a golden opportunity for you to get the same price or even less than that if one of the members of the trip gives up and withdraws the trip plan at the eleventh hour. We are always open and here to organize your vacation trips in Nepal.

Trip Extension

We are always flexible and open to the extension of **Manaslu Circuit Trek** you are undertaking. If you enjoy the trip you are doing, you can extend it to longer days or longer hours. But, for this, you must contact us one day prior so that we can arrange the required things like trip crew, accommodation, transportation and other minor needy things for your extended trip and you must add some little additional cost which we will settle in mutual understanding.

Currency Exchange

You can exchange your currency even in the **Tribhuvan International Airport** at your arrival or you can exchange it after you check in at the hotel or other several places in Kathmandu. If you are in a rush and cannot do this, you can pay USD, AUD or CAD to the people whom you need to pay for your accommodation, food, trip costs, tipping etc.

You can even exchange your currency with Nepali on the trekking routes/trip routes like in Gorkha, Besisahar, etc. You can ask to exchange your currency with Nepal ones with local lodges/restaurants/hotels/ guesthouses too. But, you must have your currency like USD, AUD or CAD. Even Indian currency does work in Nepal while paying but only Rs. 100 rupees not 500 and 1000. You can pay with your currency with the current exchange rate wherever you go in Nepal. No worries guys!!

Haven Holidays Team for Manaslu Circuit Trek

The **Haven Holidays Team** is very professional, reliable and responsible. They are well-trained, friendly and experienced in their related field. You can share anything you like with them without any hesitation. They know local culture, civilization, history, foods and accommodation, weather conditions, and first-aid applications. They are eco-friendly and better understand the non-human's rights and their lives. The [Haven Holidays Team](#) will assist you in every step of your trip to make it memorable and more convenient.

The Haven Holidays Team for your **Manaslu Circuit Trek** will **professionally handle acute mountain sickness** in case you have it in your **Manaslu Circuit Trek**.

Luggage and Storage

We provide you with a very reliable duffel bag to put your stuff to be carried on the trip. It will be very safe to be carried by a porter. Unnecessary stuff, you can store it at the hotel in Kathmandu.

They will keep your luggage/stuff very safe till your return back. Ask your trip leader or hotel receptionist to manage it for you before you depart for the trip.

Meals Available on Manaslu Circuit Trek

Meals will be provided according to the itinerary and cost includes and cost excludes. If you are given the itinerary or cost like including BB only, you will be provided breakfast only and if you have

booked the trip package including a full-board meal, you will get all the meals including breakfast, dinner and lunch. Apart from main meals, if you have extra tea, coffee, cold drinks and other alcoholic drinks, you have to pay them personally.

During the **Manaslu Circuit Trek**, you will be given enough time to have a meal. You can enjoy the meal you like from the menu. Vegan, Vegetarian?? If you are vegetarian, you will still find the choice in the menu and our guide will take good care of you through the trip.

You are supposed to have the meal where you stay overnight in the mountain during the trekking trip. You will enjoy freshly cooked meals in the mountain during the trip days with local ingredient

Manaslu Circuit Trek Starts

Manaslu Circuit Trek starts from **Machha Khola** in the Manaslu region and is an exciting adventure! The **Manaslu Circuit Trek** is renowned for its stunning scenery, diverse landscapes, and rich cultural experiences. Starting from Machha Khola, the trail gradually ascends through lush forests, terraced fields, and remote villages, offering breathtaking views of snow-capped peaks, including Manaslu, the eighth-highest mountain in the world. Machha Khola is a popular starting point for treks in the region.

Electricity Facility on Manaslu Circuit Trek

You will get a good and undisturbed facility of electricity during the trip to Nepal., you can get the facility of electricity to charge your phones and backups. However, in some cases, you may have to face the problem of load-shedding and technical problems. The guesthouses may charge you some amount to charge your devices in remote areas trekking. There won't be an electricity heating system in the mountain while doing trekking.

Drinking Water Facility on Manaslu Trek

Drinking water must be pure, safe and contamination-free. You can get bottled or purified drinking water during the trip even in the mountain which is very safe for you to drink. The majority of the people who make trekking or adventure trips in the mountains go with boiled water which is prepared by the local lodges/guesthouses on the trail which is the best way to keep you safe from contaminated water. However, some people carry water purifying ingredients and they apply it to the drinking water and they drink it. But, don't try to drink the water from the Local River, stream and taps. The bottled water you can buy along the trek in the guesthouse.

Hot Shower on Manaslu Circuit Trek

Actually, a warm or hot shower makes you refresh and offers you new energy during the trip and it is very necessary. If you are travelling in the city area in Nepal, you will easily get the facility of a hot shower. But, if you are making a trip in the mountains like **Manaslu Circuit Trek**, it may be difficult to get hot shower during the trip. However, local lodges and guesthouses will offer you a **bucket shower** with warm water or they will provide a hot shower with cooking **gas**. Mostly, the local lodges will offer you **solar heated shower** as well in **Manaslu Circuit Trek**. Your guide will let you know about the shower facility on the trail. If you want to enjoy the hotel shower in the mountains, you can ask the local lodge owner to manage it for you and they will charge some money like Rs. 300-500 per individual.

Communication on Manaslu Trek

You can enjoy excellent facilities of communication in Kathmandu. However, in the case of the trekking trip in the mountains like **Manaslu Circuit Trek**, you may not be able to have such kind of

facility as in the cities. But, most of the local teahouses/lodges/guesthouses/ hotels on the trail will offer you the facility of Wi-Fi. Sometimes, you get it for free and sometimes, you may have to pay for the installation of Wi-Fi during the trip in the mountains.

The best way to access good communication over your smartphone is to get a local Nepali SIM Card like NT and NCELL. You get these local Nepali SIM Cards easily in Kathmandu and even in International Airport, Tribhuvan International Airport. For this, you have to present a copy of your passport and a passport-sized- photograph. You can buy a data pack via this local SIM Card and you make a very good communication. You can make a call, and access the internet over it. You will have a good access of phone calls and internet over your device all round the **Manaslu Circuit Trek**.

Manaslu Circuit Trek Ends

Your journey typically ends at Dharapani. Dharapani is where the Annapurna Circuit route intersects with the Manaslu Circuit. The Manaslu Circuit Trek is a breathtaking journey around the eighth-highest mountain in the world, Mount Manaslu. Along the way, trekkers pass through remote villages, lush forests, high mountain passes, and Tibetan Buddhist monasteries, experiencing the rich culture and stunning scenery of the region

Feedback

You can give feedback on the trek/trip you have undertaken at the end of Kathmandu. You can visit our office or you can do it in the farewell dinner we organize. Your feedback about the trip will always be taken positively. We need it to grow and sharpen our services and facilities in the coming days.

If you cannot attend the farewell dinner at the end of the trip in Kathmandu or you don't have time to visit our office, you can write your feedback on the [trip advisor page](#) which will be more reliable and public.

Extra Personal Expenses for Manaslu Trek

How prodigal are you? Your Manaslu Circuit Trek extra personal expenses depend on it. If you love doing extra expenses on the trip, you will go to topics like alcoholic drinks, extra tea or coffee apart from the meal, tipping, some minor donations, extra snacks on the trail, some urgent personal stuff like clothing or any other equipment you immediately require on the trip in case it gets damaged or stop functioning. And, at the end of the trek, you have to give some tips to your trekking crew. For this, you have to allocate some dollars or Nepali currency.

You can allocate around **USD 200-300** for extra personal expenses during **Manaslu Circuit Trek**.

Typical Day in Manaslu Circuit Trek

The typical trip day begins with a good breakfast. You will have breakfast at around 7-8 am and begin the day after it. Then, you will have to work/walk for 3-4 hours after breakfast and you will stop for lunch. The lunchtime will be around an hour. You will order your lunch item and the restaurant/hotel/teahouse will cook for you. Sometimes, you may have to wait for some time if the restaurant or hotel is crowded. You can find the item you want in the menu prepared by the local lodge/restaurant/hotel. If you are vegetarian, no worries, you can still find the ways.

After lunch, you will resume your work in **Manaslu Circuit Trek** again and end it in the after like

around 3-4 pm. After that, you will check in the hotel/guesthouse/teahouse and get refreshed. Take rest, change clothing and go for dinner at around 6-7 pm. Your leader will help you to order the meals you like. At the dinner, your leader will share the important information for the next day's trip and you can raise the question regarding it. The leader will orient you on what to wear, how to walk, what to carry and where to eat. Follow the instructions from the guide/leader very well.

Why with Haven Holidays?

- Free Booking and Free Cancellation
- Veteran Crew Members
- Enhancing Eco-Tourism
- Prompt response, full safety and comfort guaranteed.
- No hidden cost
- Flexible
- Cost Friendly
- Wider Networks
- Expert in risk management

Trekking Packing/Checklist List for Manaslu Circuit Trek

When preparing for a trekking trip in Nepal like **Manaslu Circuit Trek**, it's essential to have the right equipment and packing list to ensure your safety and comfort to complete your mission. You will need to pack smart and light. This packing list doesn't mean you need to pack everything listed here. This list is a guideline, and your final list will depend on your preferences and judgment as well as your tour destination and season. Follow as per your personal needs and preferences by taking this as a reference. Here's a comprehensive list of items you should consider [Trekking equipment list](#) which will help you pack up the right trekking gear for **Manaslu Circuit Trek** so that you can be confident enough to battle against any kind of challenges during the trek.

Booking, Cancellation and Refund for Manaslu Trek

If you want to book the trip featured by us, you require settling the 25 % payment of total trip cost. However, if you are in rush and instantly plan your trip to Nepal, then, you can make the trip payment by visiting our office in Nepal as well but we need a confirmation email prior to it.

In case you cannot do the booked trip in the timeframe you wanted for some reasons, you have the right to postpone it. Even if you cannot do the trip after the postponement, you can transfer the same trip or other in exchange to your family, relatives and friends.

But, sorry to state that no refund will be made for the exchange of booked trip with us. We are ready to wait for months and years for your right time to do the booked trip in Nepal. Be confident that we won't spoil your booked trip.

Travel insurance for Manaslu Circuit Trek

Travel Insurance is a must thing to fix before the departure for a particular trip. You are doing an adventure trekking in Nepal, **Manaslu Circuit Trek** and it is mandatory to prepare and carry a valid travel insurance document with you in your **Manaslu Circuit Trek**. In case you face sudden and unpleasant incident during the trip, you may need rescue evacuation and medical expenses. For that, you must have travel insurance. Actually, life is more important than your trip. As long as you have life, you have everything. So that, have a authentic travel insurance that covers all rescue evacuation and medication expenses in case you have got some nasty accidents during the trip.

If you have got some idea about travel insurance and the companies who do travel insurance for you, you can go with them, otherwise, you can search on Google and will easily get the travel insurance companies who will help you doing insurance for your trip.

Actually, it's not good to rush and bustle for travel insurance here and there after your arrival in Nepal. However, you still can do it here in Kathmandu. There are some international insurance companies here in Kathmandu and they will do your travel insurance and you can simply filled up the forms on online and prepare your travel insurance.

Your travel insurance must be capable to cover entire expenses from minor to major sudden accidents including rescue from the mountain and the cities by helicopter and all treatment expenses in hospital. For example, if you are going higher in the mountain and you have got a terrible accident or acute mountain sickness, you may need immediate rescue from the spot and more importantly, your treatments in hospital. Until and unless your travel insurance covers entire expenses for the rescue and medical expenses, you are not rescued and cannot get medical treatments on time. Its matter of life and you must do prepare and do authentic and valid travel insurance before you board on the trail for a particular trip. Nobody knows the future and mountain are always wild and unpredictable. Please take it seriously.

If you have got some idea about travel insurance and the companies who do travel insurance for you, you can go with them, otherwise, you can search on Google and will easily get the travel insurance companies who will help you doing insurance for your trip.

Why Manaslu Circuit Trek with Haven Holidays?

- Expert and professional local guides
- Flexible trekking crew
- Better understanding of weather conditions and local culture
- Immediate Rescue in case of emergency
- Better Accommodation Food
- Eco- Friendly and Sustainability
- Expert in Communication
- Comprehensive information about local people, flora and fauna and historical and religious sites and local meals

Additional Information

What I expect at Manaslu Trek?

Most importantly, trekkers will see Mt. Manaslu (8163m), one of the eight thousanders around the world. Along with this, you can witness Lamjung Himal, Ganesh Himal and other alluring snow-fed peaks. Similarly, you will ascend up to Larkya La Pass (5106m), one of the world highest passes and will celebrate the triumph crossing over it and capture marvelous mountain panoramas. You will have the true and absolute thrills of adventure into the wind nature of Mt. Manaslu while stepping at the top of Larkya La Pass.

Expect to **enjoy hitting less spoiled and less crowded trekking trail** taking you to one of the remotest areas of Nepal where you can truly be yourself. There will be no one to spoil your

calmness and serenity of nature into the absolute wilderness very far away from the modern cities and luxuries which will be a lifetime adventure history and achievement for you.

You will traverse through Manaslu and **Annapurna Conservation Area** with diverse species of flora and fauna. You will encounter natural water falls, Glacier Rivers, freshwater lake (Birendra Lake) steep climbs and downs terraced farmlands, ancient monasteries (nunneries) and forts, marvelous arts and architectures, unique culture of the local with authentic local cuisines people, local towns like Jagat, Samagaon, Dharmasala and Samdo. These local towns on the way to Larkya La Pass will reflect their age-old history, religion and civilization. You will truly mesmerize yourself while doing Manaslu Circuit Trek. Many people strongly claim that Manaslu Trek is far better than any other trekking trips in Nepal and one of the best in the world.

You will get to know and be familiar with local Tibetan people's lifestyle and their authentic cuisines during the trek. This part and the taste will be marvelous and exciting to experience. You will stay overnight at local lodges owned by local Tibetan Sherpa and other type of People and you will have your meals there. The toilet will be outside of your bed rooms and will be common and sharing. Expect to use sharing toilet and twin sharing accommodation during the trek. You won't have any kind of luxury accommodation during your **Manaslu Circuit Trek**. Try to fit yourself to accommodate with local sharing and common accommodation with separated toilet during the Manaslu Trek.

The local lodges will get crowded during Peak Trekking seasons in Nepal(Autumn and Spring) and you should be ready to bear some interruptions and noises during the stay at the lodges. There may be hundreds of people in the same lodge staying overnight and having their meals. Sometimes, you have to wait for your meals and shower while staying at local lodge.

You require ascending up to 5000m above the sea level walking minimum 7 hours a day. The day begins with a warm and beautiful breakfast and you will walk for 4-5 hours covering average distance 5-6 kilometers and you will have lunch break for almost one hour and you need to work again for 4-5 hours till you get to the destination for overnight stay.

The **Manaslu Circuit Trekking Trail** is not facilitated with modern hotels and restaurants for overnight stay and the trekkers must stay overnight at local teahouse where they sleep and have their meals.

Get ready to capture marvelous view of mountains, landscapes, amazing people and their lifestyle, core wilderness, unique arts and architectures, distinct economic activities at the Tibetan border and ancient monasteries with nunneries on the Manaslu Trekking Trail.

What I expect from Haven Holidays?

We will provide you a veteran trekking team with fully equipped trekking gears and all required physical fitness to lead you into the core wilderness for your lifetime adventure to **Larkya La Pass (5106m)** and Manaslu Circuit Trekking Trail. The Mt. Manaslu (8163m) will be waiting for you to capture it. Also, we will provide sleeping bag (if necessary), a cap or t-shirt as a gift, provide better accommodation and transportation in order to make your entire trip more safer and exciting. You will have local guides who are very knowledgeable about local culture, foods and accommodation, places to explore and destinations to visit during the trip. They will be professional and physically fit enough to take to Manaslu Circuit Trek where you have to ascend above 5000m.

We provide an authentic and comprehensive orientation regarding the **Manaslu Circuit Trek**, the trails, accommodation, foods, walking hours and distance, preparations and risks and challenges beforehand the trek commences. The trekking crew you are hiring with us for your Manaslu Circuit Trek knows first aid measures and altitude sickness preventive measure better and they can apply it on the spot immediately if you require.

We care you individually all round the trip so that your entire trip will be safer and less-risky.

We offer you a grand farewell dinner with your trekking team after you wrap up your Manaslu Trek and you can give us feedbacks about the services we provided you during your stay in Nepal and that will help us to grow up more.

A Drive from Kathmandu to Machhakhola- Manaslu Trek

This drive from Kathmandu to Machhakhola commences from Machhapokharai, New Buspark, and Kathmandu early in the morning at 7 am. This drive will be public and sharing bus drives for 8-9 hours via Prithvi Highway till you get to Aanboo Khaireni. You'd better prepare your packed breakfast from the hotel as you can have it on the way. Ask your hotel receptionist to prepare it for you early in the morning.

Your guide will go to pick you up from the hotel you stay and transfer to the bus station and you will follow things accordingly.

You pass through Kathmandu valley through Thankot and begin driving along Prithvi Highway alongside of Trishuli River. On the way, you will have multiple breaks for toilets, lunch and snacks before you get to Machhakhola. The total distance you cover today from Kathmandu to Machhakhola is 143km.

The regular scheduled buses go through Gorkha Bazaar after you switch the drive from Aanboo Khaireni leaving the straight road to Pokhara. You will have lunch at Prithvi Highway at the restaurant located nearby.

You will ascend up to Gorkha Bazaar (city), the district headquarter of Gorkha. Drive through Gorkha Bazaar and begin driving with the magnificent views of Mt. Manaslu and Ganesh Himal along the country road. Arrive at Arughat Bazaar and drive further for Machhakhola passing through Sotikhola. Arrive at Machhakhola and stay overnight at lodge.

To go to Machhakhola from Kathmandu, you also get night bus running from Kathmandu to Machhakhola.

Optionally, you can choose to drive with private jeep via Dhading Bensi which will be shorter hours' drive and more convenient. Actually, **Manaslu Circuit Trek** Transportation Service Details will help you know better how long the trail is and how are the means of transportation on the way to Machhakhola and back to Kathmandu.

Overall, you will enjoy this public bus drive (no luxury tourist buses are available for Manaslu Circuit Trek) through beautiful country landscapes, winding rivers and local settlements till you get to Machhakhola for overnight stay.

Places you explore during Manaslu Circuit Trek

The places you explore during the trek are: Machhakhola, Jagat, Samagaon, Lo Gaon with ancient monasteries, **Dharmasala**, **Punken Gumba**, **Syala Gumba**, **Larkya La Pass (5106m)** **Bintang** and Dharapani. While exploring these places during your Manaslu Circuit Trek, you will feel blessed with ancient civilization basically based on Buddhism, arts and architectures, unique and distinct economic and social activities of the local people at the border of Tibet. Passing through these places on your Manaslu Trek means a new achievement in your life in the profile of adventure and explorations.

Manaslu Trek - Is this right for you?

Manaslu Trek is graded as one of the most challenging trekking trip in Nepal taking you to above 5000m. The Manaslu Circuit Trek is for adventure lovers and adventure passionate. Moreover, this trek is for those who have already gotten prior trekking experiences climbing above 4000m into the wild nature. One requires walking at least 8 hours a day covering the minimum distance 10-12 kilometers. Are you confident enough and prepared well for the trek with prior trekking experiences? Then, only dare to do and conquer over this adventurous and **challenging Manaslu Circuit Trek**.

Have you got prior trekking experience for Manaslu Circuit Trek? Are you well prepared to walk at least 8 hours a day covering the distance minimum 10-12 kilometers? Are you confident enough to ascend up to **Larkya La Pass (5106m)** located above 5000m in the wild mountain? If you have the right and reliable answers to these questions, you can conquer over Manaslu Circuit Trek.

Test your stamina of walking and going above 4000m covering the minimum distance of 12 kilometers and decide doing Manaslu Circuit Trek.

The Manaslu Circuit Trekking Trail

The Manaslu Circuit Trekking Trail/Manaslu Trekking Trail begins from Machhakhola taking you to Larkya La Pass (5106m), the highest point of Manaslu Trek offering you all magnificent landscapes and mountain panoramas including massive Mt. Manaslu (8163m).

You ascend up to Jagat through local settlements and awe-inspiring landscapes. Basically, you follow the giant Bheri Gandaki River for your Manaslu Circuit Trek till you ascend above 4000m to Samagaon.

The trail passes through deep pine, juniper and fir forests of Manaslu Conservation Area. You will enjoy walking via ancient monasteries like Punken and Syala monasteries.

You will encounter several steep ups and downs during your Manaslu Trek which will be very challenging for you to ascend and descend. Walk through Buddhists monuments and monasteries while you will enjoy moving the Buddhist prayer wheels clockwise and pray for good luck for the successful Manaslu Circuit Trek.

As you ascend to Samagaon (3530 m | 11,581 ft), you will have a spare day for acclimatization, exploration and rest. You will enjoy this spare and rest day to acclimatize and exploration of Pungen Gompa.

After acclimatization at Samagaon, the Manaslu Trek Trail will take you Samdo (3875m) and then to Dharmasala (4,450 m /14,596 feet). Before you go to ascend Larkya La Pass (5106m), you will prepare very well with all requirements. The next day, you will climb up to Larkya La and celebrate your victory of winning over Manaslu Trek. After you cross Larkya La, you will switch your trail to

Annapurna region that is Bimtang and then to Dharapani. As you get Dharapani, you will drive back to Besisahar and finally back to Kathmandu.

Sometimes, if you encounter heavy snowfall at Dharmasala due to bad weather condition, it seems almost impossible to cross Larkya La Pass during your Manaslu Circuit Trek. So, check weather condition and move ahead for the rest of the adventure for Manaslu Trek.

Important Note

You require preparing very well while ascending up to Larkya La Pass (5106m) from Dharmasala. Hydrate well, pack up right trekking gears, do all precautions to prevent altitude sickness, avoid smoking and alcohol for this special day, collaborate with your trekking crew especially trekking leader while climbing to the top of Larkya La Pass, the highest elevation of Manaslu Circuit Trek. **Don't be too excited and do not lose your confidence.** Think positively that you can conquer over Manaslu Circuit Trek by crossing Larkya La Pass.

If in case heavy snowfall occurs and you encounter a nasty weather condition at Dharmasala beforehand crossing Larkya La, you are suggested not to go for Larkya La Pass. You'd better wait for the right weather before ascending or give up and come back.

Cultural Highlights on Manaslu Circuit Trek

You will encounter various unique and authentic cultural insights during your **Manaslu Circuit Trek**. The followings will be the cultural highlights Manaslu Trek:

1. Unique and distinct Lifestyle and Economic activities of local people residing at the border between Nepal and Tibet
2. Festivals, celebrations, rituals and rites of Tibetan Buddhists
3. Authentic Religious Insights (Zen Buddhism)
4. Monuments and idols
5. Magnificent Art and Architectures in the age-old monasteries
6. Local Cuisines
7. Monasteries (Pungen and Syala) temples, museums and art galleries
8. Historical forts

Natural Highlights in Manaslu Trek

- Local Towns like Machhakhola, Jagat, Samagaon, Dharmasala and Bimtang
- Winding rivers (Budi Gandaki)
- Deep Gorges (Budi Gandaki Gorges)
- Diverse Species of floras and faunas in Manaslu Protected Area and Annapurna Conservation Area
- Awe-inspiring landscapes and mountain peaks
- The majestic mountain peaks Mt. Manaslu (8163m), Ganesh Himal, Lamjung Himal and many other alluring snow-fed peaks

The Guide and Porter for Manaslu Circuit Trek

The guide and the porters you will accompany as your trekking crew/team for Manaslu Circuit Trek will be very professional and highly experienced. They will speak your preferred language very fluently and try their best to satisfy you with some marvelous insights and experiences during

Manaslu trek. The guide will **manage all required accommodations, meals and transportation** for your Manaslu Circuit Trek. Also, if any lack and insufficiency occurs during the trip, the guide will manage all the things according to the situation to suit and make your Manaslu Circuit Trek Itinerary more flexible and convenient.

So, hiring guide and porter for Manaslu Circuit Trek will enhance your entire trip with multiple helps from minor sickness and scarcity to acute mountain sickness. They will take a good care of you all round the Manaslu Trek.

Porters will help you tremendously by carrying and taking care of your luggage. They will safely carry and drop your luggage to the destination you want to go. They will be very hospitable, hard-working, funny, and friendly and also can communicate little with you during the trip. Porters will carry maximum 18 kg of load in the mountain. We request you to co-ordinate with your guide and porter during the **Manaslu Circuit Trek** and make it more exciting, safer and memorable.

Safety Measures for Manaslu Circuit Trek

- Carry Comprehensive First-Aid Kit
- Carry Right and Reliable Trekking Gears
- Listen to your Trekking leader and follow his/her instructions properly
- Stay hydrated and have balanced diet
- Stay calm, cool and confident
- Try to avoid alcohol and smoking
- Carry Diamox in case you get altitude sickness
- Drink safe water (bottled and properly boiled)
- Address any serious health issue beforehand or on the trail if you have got any immediately
- Share your problems with your trekking leader on the trail
- Ask for helicopter rescue in you think that you are in critical condition

Emergency Evacuation/ Rescue

In case you are critically suffered of [acute mountain sickness](#) on the trail while ascending up to Dharmasala or Larkya La Pass, you will immediately be rescued by the helicopter and admitted at the hospital of Kathmandu Valley and begin the further treatment. For this, you must allow your trekking partner and your guide to call the helicopter by presenting authentic travel insurance that covers all rescue and treatment expenses.

What I like most about the Manaslu Circuit Trek?

Ascending and stepping at **Larkya La Pass(5106)**, the top point of Manaslu Circuit Trek and witnessing all towering mountain peaks including **Mt. Manaslu (8163m)** will be the best moment to celebrate during Manaslu Circuit Trek. Yes, everyone loves achieving this kind of adventure history of stepping over one of the highest mountain passes (Larkya La Pass 5106m) of the world.

Besides, you can celebrate the truly unspoiled lifestyle of the local people, mesmerizing landscapes, deep gorges, true remoteness and wilderness and the local cuisines and accommodation far away from modern facilitated cities. Tipping for Guide and Porter

Tipping for your guide and porter is not mandatory during your Manaslu Trek but they expect something extra from you after they work hard for you. You'd better prepare USD 5-10 per day per

individual guide and porter. But, it doesn't mean that you have to do the same as we recommend you. You reward them with some handsome tipping as well if you are satisfied. Sometimes, you don't need to reward them with tipping if they don't take a good care of you and try to spoil your Manaslu trek with some unnecessary personal benefits and interests.

Meals Available on Manaslu trek

You will enjoy, mostly, enjoy local cuisines during the Manaslu Circuit Trek. The local teahouse and lodges on the Manaslu Circuit Trekking trail will offer you very authentic local cuisines like tsampa, porridge, Tibetan bread, yak meat items, locally grown vegetables and fruits, etc. They also offer some continental, Indian, Chinese, Japanese and popular dishes during the trek as mentioned on their food menu by local lodges owners.

You can cook on your own at local lodges while staying overnight during Manaslu Trek in the mountain. The meals you have will be freshly cooked and very hygienic in order to ensure your balanced diet and hygiene. Pick up the item from food menu and ask them to prepare for you.

Best Itinerary- Manaslu Circuit Trek

The best itinerary for Manaslu Circuit Trek is **14 days Manaslu Trek Itinerary**. These 14 days will be very sufficient for you to explore the entire Manaslu region, acclimatize at Samagaon and ascending up to Larkya La Pass. This Manaslu Trek 14 day also has the days for your arrival and departure. If you want a day spare in case you have a bad weather condition while ascending up to Larkya La Pass, you are suggested to have to do so and plan accordingly to make your Manaslu Trek more flexible and convenient. Optionally, you can go with 16 days Manaslu Circuit Trek if you want a flexible and comfortable Manaslu Trek Package.

Departure

After farewell dinner with our team and the important feedback session, we will comfortably drop you to the Tribhuvan International Airport and to any other destination you want for your exit to your homeland or for the commencement of another trip. After we drop you to the destination you prefer, you can catch up your international flight and another trip you want. We wish you a very wonderful time ahead.