

# Manaslu Circuit Trek

<b>Trip code</b>	HH-MS- CT-16
<b>Package name</b>	Manaslu Circuit Trek
<b>Duration</b>	16
<b>Max. elevation</b>	5106 m
<b>Level</b>	DIFFICULT
<b>Transportation</b>	All Ground transport as per Itinerary
<b>Accommodation</b>	Hotel in Kathmandu and lodge/guesthouse in the trek
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	Kathmandu-Machhakhola-Larkya La Pass-Dharapani-Besisahar-Kathmandu
<b>Cost</b>	USD 1,098 per person

## Highlights

- Explore the colourful heritage cultures from one lovely village to another.
- Adventure around the hills and scenic valleys of the world's eighth highest Mt. Manaslu.
- Enjoy the exciting adventure of crossing the high Larke-La pass to the Manang areas.
- Enchanting woodland lined with tall rhododendrons, pines, oaks and fir trees.
- Trekking from low warm paddy fields towards the arctic zone of Upper Manaslu.
- Walk through serene and less crowded trails
- Enjoy absolute wilderness with local people from the remote areas of Nepal
- Experience Tibetan plateaus, mountain summits, culture and civilization at the Tibetan border
- Grand landscapes and mountain panoramas including Mt. Manaslu, the eighth-highest mountain in the world
- Explore other mysteries of the region with side trips like the trips to the holy caves and freshwater lakes
- Experience a diverse species of flora and fauna in Manaslu Conservation Area
- Cross Larkya La Pass 5,106 m (16,752 ft) with the first-rated thrills of adventure
- Feed on local food items and accommodate local people

## Overview

---

### " MANASLU CIRCUIT TREK, Cultural and Scenic Adventure Around the World's 8th Highest Mountain, Mt. Manaslu"

#### Manaslu Circuit Trek Video

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



**Manaslu Circuit Trek** takes you around the world's 8th highest mountain range and the summit **Mt. Manaslu (8163m)** towards Nepal North Mid-Western of Mansri Himalayas. The name Manaslu is related to an ancient Sanskrit word, which means the mind and soul of holy spirits. **Manaslu Circuit Trek** is an adventure trekking in Nepal in the less spoiled and less crowded region which is located in a restricted area bordering Tibet. If you love adventure trekking in Nepal, you can go on **Manaslu Circuit Trek 16 days**. The **Manaslu Circuit Trek trip** takes you into the massive and grand wilderness with spectacular landscapes of remote areas of Nepal with some of the majestic mountain summits including Mt. Manaslu and high mountain pass, **Larkya La Pass( 5106m)**.

The thrills of adventure you experience, the sacred and spiritual attractions you feel, the serenity and calmness you celebrate, the unique and ancient civilization and history you acknowledge, the wild nature you feel and most importantly, the astonishing mountain panoramas including Mt. Manaslu (8163m), the eighth highest mountain peak in the world, will let you feel heaven-like destination on the earth in your **Manaslu Circuit Trek**. **Manaslu Circuit Trek** in Nepal is considered to be more fascinating and adventurous than **Annapurna Circuit Trek** and **Everest Base Camp Trek**. People who love travelling in exotic nature with a lonesome feeling can truly enjoy this trek. Overall, this trek is solely suitable for adventure seekers into the remote area where you can find yourself dissolved into the undisturbed and unspoiled nature. Be yourself, feel the rhythm of nature walk into the wild mountains and vegetation in **Manaslu Circuit Trek**. Celebrate the bliss of thrilling adventure trekking in Nepal with Manaslu Circuit.

**Manaslu** is similar to the sacred **lake Manasarover**, situated in southwestern Tibet near Mt. Kailash. But the local native calls Kutang of Tibetan origin name, which means a flourishing land. For the harvest of high-altitude crops like barley, buckwheat, and mustard, as well as for raising livestock Yaks and other cattle which can be experienced in your **Manaslu Circuit Trek** as well.

You will also go to explore the Upper Manaslu area while doing **Manaslu Circuit Trek**. The **Upper Manaslu** remained a forbidden region of Nepal for centuries till it flung its door open in 1991. But remains a Restricted Area, where foreign visitors require a special permit to enter the **Upper Manaslu Valley**.

Rustic natural setting and landscapes, terraced farmlands, winding river, deep Budi Gandaki Gorge, the walks through pine, juniper, fir and rhododendron, fluttering colorful prayer flags and holy and spiritual holy prayers wheels, nunneries and monasteries, freshwater lakes and most importantly, the majestic views of Mt. Manaslu, Annapurna and Ganesh Himal are the major highlights of **Manaslu Circuit Trek**.

Collect a **restricted /special area permit** by joining the group of at least 2 people and go for this adventure trek into the heart of Mt. Manaslu, the eighth highest mountain peak of the world.

**Manaslu Circuit Trekking** follows the Budi-Gandaki River upstream right up to its glacial source at **Upper Manaslu Valley**. Making this adventure more exciting and interesting, walking from low sub-tropical areas to cooler hills and towards the arctic cold zone. The walk leads through farm hill villages, entering a river gorge, and then trekking amidst forested paths. Apart from the lovely scenery of beautiful landscapes and snow-clad peaks, the local cultures and warm hospitality of the natives; make the journey enjoyable. If do not have all 16 days for your **Manaslu Circuit Trek**, you can also go with **14 days Manaslu Trek**. 14 days Manaslu Circuit Trek is still possible with all required acclimatization and exploration days.

The walk follows higher to enter the Upper Manaslu Valley on leaving the low warm country. The region is steeped with glorious cultures of Tibetan Buddhism heritage, adorned with interesting religious monuments of stupas and prayer walls. As the trek progresses facing close views of majestic **Mt. Manaslu**, the world's 8th highest peak at 8,163 m / 26,781 feet. The first ascent was by a Japanese Expedition on May 09th, 1956, from then the area was closed to outside visitors.

But in the past few decades since it was opened, drawn more mountaineers, adventurers, and trekkers. The beauty and charm of **Manaslu Circuit Trek** is its outstanding panoramic views on daily walks, along with local impressive cultures.

**Manaslu Circuit Trekking trail** leads to exploring the lovely villages of **Namrung, Lo, and Sama-Gaon**, then towards the end of Manaslu Valley. Reaching the base of **Larke-La Pass**, the next early morning a long steady haul to **Larke-La Pass (5106m)**, the top, you can witness mesmerizing **Mt. Manaslu** and the entire surrounding mountain summits with the real thrills of adventure into the wild.

The **Larkya La Pass** is marked with thousands of prayer flags, the highest point of the adventure. Enjoy the breathtaking panorama of the surrounding giant mountain range with the Manaslu and Annapurna Himalaya range, as far as Ganesh Himal. A long descent takes you to Manang areas at Bhimthang, and back into green vegetation and tall tree lines. Slowly adventurous walks come to an end, reaching Dharapani village, for an exciting drive back to Kathmandu via Besisahar town. After a great wonderful and mesmerizing experience on **Manaslu Circuit Trek** with the grand services of Haven Holiday Nepal guide and staff.

**Manaslu Circuit Trek** begins with a local bus/jeep drive from Kathmandu to Machhakhola. It takes around 9-10 hours to get Machhakhola from Kathmandu. The trail from Machhakhola follows along the Budhi Gandaki river. As the trail ascends, you will enjoy walking through pine, birch, juniper, fir and rhododendron woods and colorful prayer flags and holy mani walls. The trail, further takes you to Samagaon, Dharmasala and Larkya La Pass and takes you to Dharapani to the the trek and take a 6-7 hours drive back to Kahtmandu from Besisahar.

Also, the **Manaslu Circuit Trek Cost** is very important to know while talking about the **Manaslu Circuit Trek Itinerary** . If you want to know all the required information regarding **Manaslu Circuit Trek Cost**, you can still do it here: **Manaslu Circuit Trek Cost** and it will help you to make your trekking trip more exciting and memorable too. Moreover, you learn all about **16 days Manaslu Circuit Trek** here: **Manaslu Circuit Trek: A Complete Trekkers' Guide\_** which will benefit you with all required information about **Manaslu Circuit Trek** beforehand.

## How difficulty is Manaslu Circuit?

We have to take **Manaslu Circuit Trek** is a strenuous trek in the Himalayas of Nepal. Why it is a strenuous trek? It is a strenuous trek because the trekkers are venturing into the wild mountains in the remote areas of Nepal where there are no good facilities for food and accommodation and most importantly, they are ascending above 5000m which is **Larkya La Pass** , (5106m) the highest elevation of this trek. Moreover, most of the trekking days will be spent above 4500m high in **Manaslu Circuit Trek**. Trekkers who are doing **Manaslu Circuit Trek** require walking at least 7 hours a day covering an average of 10-12 kilometers with very basic foods and accommodation on the trail. So, the remoteness, less facilitated area and the trekking to a high altitude above 5000m make this trek challenging and strenuous and requires a sound level preparations beforehand. Right trekking gears and comprehensive preparations beforehand the trek will enhance your Manaslu Circuit to be successful, more exciting, memorable and safer.

## How are Foods and Accommodation in Manaslu Circuit Trek?

The food and accommodation you are going to use during **Manaslu Circuit Trek** will be very ordinary but sufficient and fresh enough. Relatively, the **Manaslu Circuit Trek** food and accommodation will be poorer than in the other treks like **Everest Base Camp Trek** and **Annapurna Base Camp Trek**.

The accommodation will be in local people's Lodge which is basic and small but neat and clean. The lodge will provide you the overnight accommodation on the twin-sharing basis. You cannot get any suite and luxury accommodation on the **Manaslu Circuit Trekking Trail**. The food items you are going to have will be made by the local people. There won't be any highly professional cooks to cook your food for the trek. However, you sufficiently survive and they prepare properly cooked and hygienic. Here, we suggest you bring some light snacks with you so that you won't go hungry. And, for Accommodation, you can carry your sleeping bag or ask the travel company to provide it for you.

The local food items like Nepali Daal Bhat, noodles, curries, breads, dumplings, Tsampa, porridge, egg items and local organic items of foods are very popular among the local lodges here on **Manaslu Circuit Trekking Trail**. The local lodges/teahouses provide the food menu to the trekkers and they pick up the items mentioned in the menu.

## What are Required Permits for Manaslu Circuit Trek?

One requires obtaining five different permits for **Manaslu Circuit Trek**. These permits are: **Manaslu Conservation Area** Entry Permit, **TIMS** ( Trekking Information Management System), Annapurna Conservation Area Permit, Restricted Area Permit since the **Manaslu Trekking route** is a restricted area trek and Local Manaslu Rural Municipality Entry Permit. Actually, this Malaslu Local Area Entry Permit has been implemented from 2024. November. One is required to obtain an **Annapurna Conservation Area Entry Permit** because the **Manaslu Circuit Trekking Trail** overlaps Annapurna Conservation as well. This trek route is a restricted area because the trail is based on the border between Nepal and Tibet and due to security issues, it is a restricted area. These trekking permits are easily obtained by your travel company located in Nepal for you. It requires at least people to obtain a restricted area permit. So, if you are a solo traveler, you have to find another company to obtain it.

Bot Manaslu Circuit Trek Conservation Area Entry Permit and Annapurna Conservation Area Entry Permit cost Rs.3000 each, TIMS Card costs Rs. 2000 each, Restricted Area for Manaslu region costs USD 100 per week in peak season and costs USD 75 in low season and the local Manaslu Region entry permit costs Rs. 1000.

Find at least one company if you are a solo traveler or your trekking company will help you pairing with other person in order to obtain special area permit for Manaslu Trek in Nepal.

## Getting to the trailhead and back- Manaslu Circuit Trek

Those who are doing their **Manaslu Circuit Trek** need to take a bus or jeep ride to Machhakhola. The regular bus goes up to Machhakhola from Kathmandu. You can book and take a private jeep directly from Kathmandu to Machhakhola. But the cost will rise. The majority of the trekkers choose to travel by bus to Machhakhola from Kathmandu as a means of transportation. You will begin this drive from Kathmandu City and pass through Trishili Riverside. From Malekhu, you will switch your drive to Dhading Bensi or you can (go normally via Gorkha bazaar) the district headquarters and ascend to Muralibhanjyang and then down to Aankhu Khola. Next, you will drive to Salyantar and

cross the motorable bridge over the Budhigandaki River, you will head for Machhakhola via Sotikhola. The bus drive goes another way via Gorkha. You can get night bus drive to Machhakhola from Kathmandu. The article [Manaslu Circuit Trek Transportation Details](#) feeds you more reliable and comprehensive information about how and where to begin and end your **Manaslu Circuit Trek** regarding all land transportation for the trek.

While returning after wrapping up the trek, you will do the same or optionally, you can go to Besisahar and take a bus trip to Kathmandu. It's up to you.

## Preparations for Manaslu Circuit Trek

One requires good preparation for your **Manaslu Circuit Trek** since it is a challenging and adventurous trek in Nepal in the Manaslu region. A Level of fitness and stamina is required for this trek as you are ascending 5000m high above sea level that is Larkya La Pass(5,106 metres (16,752 ft), one of the highest mountain passes in the world.

One needs to have prior trekking experience above 4000m above sea level and needs to do tough physical exercises going ups and downs with a backpack. Also, prepare the right and reliable trekking equipment/gear that will help you make your **Manaslu Circuit Trek** more convenient and memorable.

Plan your **Manaslu Circuit Trek** with a professional and well-reputed trekking agency and experienced team. The trekking company and the trekking crew will help you make the tour of **Manaslu Circuit Trek** more accomplished and exciting.

Do outdoor activities like hiking, trekking, jogging, sports like football, volleyball, tennis, cricket and others in order to enhance your stamina of walking at least 6 hours a day at high elevation like above 4000m with a backpack.

Do a massive research on trekking gears, altitude sickness, trekking equipment, trekking agencies, and trekking teams and do some tough physical doings to boost up your stamina to world out at least for 6-7 hours above 4000m high above sea level. Also, address your existing illnesses if you have any by visiting your doctor and carrying right medicine you require on the trail.

## Guide and Porter for Manaslu Circuit Trek

One required hiring a licensed guide for their **Manaslu Circuit Trek**. No trekkers are permitted to enter into Manaslu Circuit Trekking trail without accompanying a licensed trekking guide. Since **Manaslu Circuit Trek** is a restricted trekking, it is very sensitive and one mandatorily has to take a guide but in case of hiring a porter, it's optional. If you think you can carry your luggage on your own, you don't need to hire a porter or if you think you can't do so, then, hire a porter for you to carry your necessary stuff for you during your **Manaslu Circuit Trek**.

You will have a local guide who can tell you everything about local people, their culture, lifestyle, history and civilization, flora and fauna and each mountain peaks in detail. The guide will let you know as much as you want during your trip. He/she will have expertise in the respective language and will also be very hospitable.

The guide will be very familiar with acute mountain sickness and preventive measures. He knows it

very well if it requires rescue if the situation is critical. He will arrange all your food, accommodation and help during the trip. So, **hiring a guide and porter** is highly recommended for your **Manaslu Circuit Trek**.

## Risks and Challenges on Manaslu Trek

Since the Manaslu Circuit Trek is challenging, the trekkers may have some risks on the trip. The common risks and challenges Manaslu Trekking 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 Trekking 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.

## 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.

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. **Manaslu Circuit Trek Transportation Detail** offer feed you with authentic and reliable information about Manaslu Circuit Trek transportation from Kathmandu to Sotikhola/Machhakhola and back to Kathmandu via Dharapani and Besisahar. You, mostly, drive along Prithvi Highway while using road transportation for **Manaslu Circuit Trek**.

## 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 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 Trip**.

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 2024/2025**

Manaslu Circuit Trek 2024 and 2025 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 2024 and in 2025, 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 2024 and 2025 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 2024 and 2025 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.

Actually, Manaslu Circuit Trekking Trip will be more popular than Everest and Annapurna as people love doing less crowded trekking trip and adventurous than Annapurna Base Camp and Everest Base Camp in near future.

### **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, ( **977-9841718385**)WhatsApp, Viber, Zoom ID, direct call 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.

## Trip Itinerary

---

### Day 1 : Arrival in Kathmandu ( 1,320 m/4,330 ft) and transfer to hotel.

On your first arrival at Kathmandu and Tribhuvan International Airport, a Haven Holidays representative will receive you at the arrival section. After being introduced to the staff, your baggage will be loaded in the car, coach or bus as per group size and you will take short drive, a short drive to the center of Kathmandu city, Thamel, where your hotel is located.

On checking into your lovely rooms, get refreshed from a long international flight, then get ready for group briefing where you will meet with other members of the **Manaslu Circuit Trek**. The guide or group leader brief with related information regarding the trek, culture, accommodation and foods Including information about hours of walks and overnight stops and views along the treks. You can put your queries if you have any before venturing onto the **Manaslu Circuit Trek**.

Enjoy a beautiful dinner in the evening and stay overnight at hotel in Kathmandu, Thamel.

### Day 2 : In Kathmandu trek preparation and sightseeing tour.

In Kathmandu, you will have good preparation for the **Manaslu Circuit trek** with an exciting sightseeing tour to historical, religious and cultural places which are listed in **UNESCO World Heritage Sites**. Kathmandu is steeped and enriched with historical and religious interesting places, including many world heritage sites. Today, you will visit some popular **UNESCO World Heritage Sites** including Swyombhunath Temple, Patan Durbar Square, Bouddhanath Stupa and Pashupatinath Temple.

After you end this exciting tour in Kathmandu, you will thoroughly prepare for your **Manaslu Circuit Trek**. Enjoy the evening with the meal you like and also can do some shopping as you like if you lack any trekking equipment and light snacks.

Stay overnight at hotel in Kathmandu.

### Day 3 : Drive to Machha Khola (900 m / 2,952 feet.) Driving distance: (160 km / 99.5 miles) Approx. 6-7 hrs.

Starting the **Manaslu Circuit Trek**, in the early morning for a long and interesting overland journey to Machhakhola. Heading beyond Kathmandu valley, and down to low warm farm villages and towns along Trishuli River. The drive follows the main highway, the Prithvi Highway, then diverts from the busy road, heading towards the mid-hills of Dhading and Gorkha areas. You will enjoy a beautiful views of Mt. Manaslu and Ganesh Himal on the way to Arughat and Machhakhola. On leaving the main good road, the drive continues on country rough tracks towards low farm areas at **Machha-Khola**. A moderate village, slowly developing into a town, having several good simple lodges. You

can get some stuffs and ordinary trekking equipment here in Machhakhola. Even, you can exchange your currency at Machhakhola these days.

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

#### Day 4 : 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 you to a long walk to Jagat village. Trekkers might feel better walking than the long drive of yesterday, beginning the morning following the massive 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 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 bordering to Tibet. At **Jagat** after a tiring long day walk, check into a nice lodge, and rest before dinner.

#### Day 5 : Trek to Deng (1,860 m/6,102 ft) 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 forests 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.

Get refreshed with shower or rest or drinks you like and stay overnight at lodge after dinner at Deng.

#### Day 6 : Trek to Namrung ( 2, 660 m/8,727 ft)-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 stay, a lovely village. **Namrung** with good guest houses and lodges provides a comprehensive food menu to enjoy overnight stop in Namrung.

The village Namrung has a police check post where you need to present your trekking permits inspections. **Namrung** also has plenty of camping sites in the forest.

Enjoy your meal and stay overnight at local lodge in **Namrung**.

### Day 7 : Trek to Lo-Gaon (3,180 m/10,433 ft)-05 hours.

After a pleasant overnight stay 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 (7157m)** and **Naike Peak(5515m)**. Overnight in one of the best lodges with time to explore the village and **Ribung monastery**.

### Day 8 : Trek to Sama-(Gaon 3,500 m /11, 483 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. You can see a small chorten and a small gumpa here at Shayla with massive colorful prayer flags. 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 stops, in the comfort of a nice lodge.

### Day 9 : At Sama-Gaon rest day for acclimatization and excursion.

Enjoy a well-earned rest and a free day in **Sama-Gaon at 3530 Meters** from sea level, the best place and the 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 Gompa**. 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.

Walk back to Samagaon, rest and relax with hot drinks and your best item of food. Prepare for the next days walk to Samdo.

### Day 10 : Trek to Samdo (3,875 m/12,713 ft )-04 hours.

Enjoying a pleasant moment at **Sama-Gaon**, the morning walks head down to **Budhi Gandaki River**. The trail follows to a small bridge coming across rows of Mani walls, as the walk proceeds, the valley opens wider after an hour of good scenic walks. During the walk facing views of giant snow peaks, as the 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 en route to the Nepal and Tibet border as well as to Manang areas via **Larke-La Pass (5106m)**.

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

### Day 11 : Trek to Dharmasala (4, 450 m /14, 596 feet)-04 hours.

From **Samdo** a short morning walk to the end of the valley rim at **Dharmasala**, or **Larke Phedi**. At the base of **Larke-La Pass**, 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**.

Prepare a good level of organization of trekking equipment including sleeping bag for overnight stay in **Dharmasala** tonight.

### Day 12 : 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 few traces of glaciers.

After hours of strenuous climb having few stops, they reach on top of **Larke-La Pass elevation of 5,106 Meters** from sea level. The top is festooned with Buddhist prayer flags and rock cairns, and the signboard 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 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 13 : Trek to Gowa (2,535 m/8,317 ft)- 04 hrs.

Today's walk is much shorter to **Gowa** a small settlement with few nice lodges for overnight stops. We have allowed a short day, due to the tough long walks of the previous day, and start the morning having a leisurely breakfast. The trail follows downhill through dense woods, a pleasant morning walk with few short-ups to reach **Gho**. After a great lovely morning walk to **Gho** for overnight lunch and overnight halt, have time to relax and enjoy the surrounding magnificent views.

### Day 14 : Trek to Dharapani(1860 m/6,102 ft) and Drive to Besisahar ( 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 marvelous views and experiences driving along the country off-road. You will encounter some natural waterfalls and paddy fields before you arrive at **Besisahar**.

### Day 15 : Drive Back to Kathmandu

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 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.

### Day 16 : Final Departure day

This is your Last day in Nepal and in Kathmandu, as time for your respective airline's flight departures, our guide and staff transfer you to the Tribhuvan International Airport, then bid farewell to Nepal till you return for another exciting adventure.

Collect all your belongings if you have stored at the hotel reception before you leave the hotel for your international flight.

Or optionally, you can begin another trip in Nepal or in any other country you choose.

# Inclusions

---

## What is included?

- All Arrival and Departure transfers from airport to hotel and vice-versa
- Twin sharing room on best tourist standard hotels in Kathmandu on bed and breakfast basis only.
- Transport Kathmandu to MachhaKhola ( By Bus ) and from Dharapani to Besishar ( sharing Jeep) Besishar to Kathmandu (By Bus)
- Twin-sharing accommodation on best available lodges/Guesthouse includes Breakfast.
- Service of guide, trekking staff as per size tow each to one porter (two people One porter)
- Wages, meals, medical allowance of guides, trekking staff and porters.
- Applicable Special Trekking Permits for Restricted Areas, include MCAP, ACAP and TIMS(Trekking Information Management System).
- Comprehensive Medical Kit carried by our staff if required for minor wounds and sickness.
- Sightseeing tour around Kathmandu
- 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 Helicopter 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..
- Kathmandu sightseeing entry fee.

## Trip Info

### Booking and Cancellation

#### Booking

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 Manaslu Circuit Trek.

#### Cancellation and Refund

You can cancel your **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**

Since **Manaslu Circuit Trek** is a very strenuous and **challenging trek** in Nepal, one requires preparing and train soundly for High Altitude Sickness. 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 acute 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/obese, 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 your **Manaslu Circuit Trek**.

### **How to Prepare for Manaslu Circuit Trek?**

If you prepare the trek very well in a finely organized way, 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.

## 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 since you cannot get them rightly on the trail
- 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 travel insurance and confirm that your trip is booked and reserved
- Check the weather condition before you depart for **Manaslu Circuit Trek**
- 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 flight tickets and confirm it so that it will be easier for you to return homeward

## How is 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 direct regular and scheduled public buses for Machhakhola 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 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.



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

## How are 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. The beds are comfortable enough to spend a single or double nights in the mountain.

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 in your **Manaslu Circuit Trek** as the trek is based in rural part of Nepal bordering to Tibet. 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 **Manaslu Circuit 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. Don't expect to enjoy luxury accommodation during **Manaslu Circuit Trek** and be ready to stay overnight in tents in open areas as well.

## What is the Best Time for Manaslu Circuit Trek ?

The months of **September, October** and **November** are the best times 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. The article Weather in Nepal will help you better understand about the weathers in Nepal for trekking and tours in Nepal.

## 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.** Instead, if you use the road, you can enter or arrive in Nepal for **Manaslu Circuit Trek** by land, you can different borders of Neighboring countries (India and China) like Jogbani, Raksaul, Sunauli, Birjung, Kakarvitta, Tatopani, Rasuwagadi 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. Within half an hour, 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 a **Tourist Visa Nepal** on arrival. The choice is yours

You can get '**On Arrival Visa**' instantly as you arrive in Tribhuvan International Airport for your **Manaslu Circuit Trek**.

### **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**

As you are given the time when you get checked in the hotel, you will be followed by our staff for the orientation. It may be on the same day or later the next day early in the morning at breakfast.

We will briefly let you know **Manaslu Circuit Trek** 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.

### **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 the particular trip 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, trekking beginning points as well. 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, and even in Machhakohola 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 team better know the restricted area trekking like Manaslu Circuit Trek and can give an authentic information and care during the entire trip to Manaslu Circuit and back to Kathmandu.

### Luggage and Storage

We provide you with a very reliable duffel bag for **Manaslu Circuit Trek** 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.

### How are the Meals 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 trip, 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

The most popular items of foods on **Manaslu Circuit Trekking Trail** available at the local lodges are: Nepali Daal Bhat, Dumplings, Bread Items, Potatoes, local vegetables, curry items, egg items, meat items, Tibetan bread, noodles, soups etc. as mentioned in the menu.

### Where does Manaslu Circuit Trek Start?

**Manaslu Circuit Trek** starts from MachhaKhola in the Manaslu region and is an exciting adventure! The drive to Machhakhola from Kathmandu is 9 hours covering 145 km. The **Manaslu Circuit Trek** is renowned for its stunning scenery, diverse landscapes, and rich cultural experiences. Starting from MachhaKhola, 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. MachhaKhola is a popular starting point for treks in the region.

### How is the Electricity and Charging facility on Manaslu Circuit Trek?

You will get a good and undisturbed facility of electricity during the trip to Nepal. In **Manaslu Circuit Trek**, one can get the electricity facility with the help of solar energy and local hydroelectricity. 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.

You can have a good lighting system in your room and can charge your gadgets in the dining where multi plug ins are set in **Manaslu Circuit Trek**. Take care of your gadgets while charging in the dining.

You may have to pay some money like Rs. 200 for charging your gadget like phone.

### How is the Drinking Water facility in Manaslu Circuit Trek?

Drinking water must be pure, safe and contamination-free. You can get bottled or purified drinking water during the **Manaslu Circuit Trek** 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 Manaslu Circuit trekking trail in the guesthouse will be safe and pure to drink on the trail. IF you want to have warm or boiled water for drinking, you can get it easily at the local lodges and the boiled and warm water costs between Rs. 200-300 and the bottled water costs Rs. 150-300 in Manaslu Circuit Trekking Trail.

### Can I get Hot Shower in 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 hot

shower. But, if you are making a trip in mountain like in **Manaslu Circuit Trek**, it may be difficult to get hot shower during the trip sometimes during winter and rainy season as the water for hot shower is heated mostly by solar energy. Rest of the water for shower is heated with cooking gas. However, local lodge and guesthouse will offer you bucket shower with warm water or they will provide hot shower with cooking gas. You will have the options of shower like solar heated shower too. If you want to do enjoy the hotel shower in the mountain, you can ask the local lodge owner to manage it for you and they will charge some money like Rs. 300-500 per individual.

Your guide will help you take shower in **Manaslu Circuit Trek** in coordination of local lodges and teahouses. You can have either solar heated shower or gas heated shower on the Manaslu Circuit Trek Trail.

### Communication facility on Manaslu Circuit Trek

You can enjoy excellent facilities of communication in Kathmandu. However, in the case of the trekking trip in the mountains like in **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. You may have to pay like Rs. 200-500 for the installation of Wi-fi in your device.

The best way to access good communication over your smartphone during your **Manaslu Circuit Trek** 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.

The local guesthouses located at Samagaon, Jagat, Dharapani and Dharmasal will provide you the facility of Wi-fi and you need to pay some extra amount like RS 200-500 per device for the connectivity facility in Manaslu Circuit Trek.

### Manaslu Circuit Trek Ends

Your journey typically ends at Dharapani. **Dharapani** is where the **Annapurna Circuit Trek route** intersects with the Manaslu Circuit Trek. 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.

After you end the **Manaslu Circuit Trek** in Dharapani, you, first, drive to **Besisahar** and finally drive back to Kathmandu to end your Manaslu Circuit Trek formally.

### 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.

## Manaslu Trek Extra Personal Expenses

How prodigal are you? Your 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.

Prepare **USD 300-500** as **extra personal expenses** for **Manaslu Circuit Trek for extra drinks, tipping, getting souvenirs, little donations and for getting any extra trekking equipment.**

## Typical Day in Manaslu Circuit Trek

The typical **Manaslu Circuit Trek 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/trek/trip 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 Trek

When preparing for **Manaslu Circuit Trek** in Nepal, 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** .

Prepare comprehensively with right and reliable trekking gears for **Manaslu Circuit Trek** as the trek is challenging and strenuous.

## Booking, Cancellation and Refund

If you want to book **Manaslu Circuit Trek** 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 **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 the 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 fill 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. It's 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.

Be careful that you are doing a very challenging **Manaslu Circuit Trek** ascending above 5000m with **Larkya La Pass (5106m)**, one of the highest mountain passes of the world. Therefore, you must prepare and carry a very authentic and comprehensive Travel Insurance with you.

### Why Manaslu Circuit Trek with Haven Holidays?

- Expert and professional local guides

- Flexible trekking crew
- Better understanding of weather condition and local culture of **Manaslu Circuit Trek Route**
- Immediate Rescue in case of emergency
- Better Accommodation and Food Arrangements
- Eco- Friendly and Sustainability
- Expert in Communication

## Additional Information

### What I expect at Manaslu Circuit 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 of **Manaslu Circuit Trek** 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 **Manaslu Circuit 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 Circuit 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 Circuit 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 Las 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 **Manaslu Circuit Trek** will be safer and less-risky.

We offer you a grand farewell dinner with your trekking team after you wrap up your **Manaslu Circuit 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 Circuit 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. The total distance you cover during this drive from Kathmandu to Machhakhola is 163 km via Gorkha Bazaar. 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 163km.

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 Prithvia 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 nigh 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.

## The 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) Bimtang 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 CircuitTrek** means a new achievement in your life in the profile of adventure and explorations.

## Manaslu Circuit Trek - Is this right for you?

**Manaslu Circuit 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**.

## 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 Gumpa.

After acclimatization at Samagaon, the **Manaslu Circuit Trek Trail** will take you Samdo (3875m) and then to Dharamsala (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 Circuit 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 **16 days Manaslu Circuit 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 **16 days Manaslu Circuit 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. Art and Architectures
6. Local Cuisines
7. Monasteries ( Pungen and Syala) temples, museums and art galleries
8. Historical forts.

## The Guide and Porters 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 Circuit 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 **Manaslu Circuit Trekking 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 Circuit 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 Circuit Trek** with some unnecessary personal benefits and interests.

## Meals Available on Manaslu Circuit 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 **14 days 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 Circuit Trek** more flexible and convenient. Optionally, you can go with **16 days Manaslu Circuit Trek** if you want a flexible and comfortable **Manaslu Circuit 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