# Manaslu Circuit Trek

## Facts

**Destination:** Nepal

**Trip Difficulty:** Difficult

**Trip Style:** Trekking

**Transport:** As per Itinerary

**Food:** Breakfast,Lunch & Dinner(BLD)

**Accommodation:** Hotel & Guest house

**Group Size:** Min 1 Pax

**Max Elevation:** 5,160 m

**Best Time:** March - May & October - November

Manaslu Circuit Trek is an off-the-beaten trekking package that leads to the remote Manaslu region amidst high Himalayan mountains and break-taking scenery. You will be reaching the base of the world's eighth highest mountain, Manaslu Base Camp. During the trek, you get to see stunning views of the Himalayas like Mt. Manaslu, Ganesh Himal, and many other mountains. Become part of this adventurous journey that will offer you a lifetime journey.

During the Manaslu Circuit trek, you pass by lovely villages and dense forests where you get to see diverse vegetation. As the elevation increases, the view and experience both get exotic. You will cross challenging Larkya La Pass (5,125 m) and traverse the region. On the trail, you get to see Hindu and Tibetan-style Buddhist villages and spectacular views of Budhi Gandaki River. Along with beautiful nature, you get to experience the rich culture and lifestyle of the locals. People here live completely different lives from other parts of Nepal and are fascinating enough to look into it. Become part of this awesome

journey with us, we will make sure you enjoy every second of the trip and go back home with a pocket full of memories.

## Highlights

- Adventurous trail and off-the-beaten trekking experience
- Trek in one of the remote parts of the Himalayas
- Get to see wonderful landscape throughout the trek
- Pass by fine villages and terraced farms
- Experience rich culture and unique lifestyle of the locals
- Reach the base of eight highest mountain in the world, Makalu Base Camp
- Cross difficult Larkya La Pass
- Witness several Himalayan mountains

## Day to Day Itinerary

**Day 1: Arrive in Kathmandu.**

**Day 2: Sightseeing and preparation day.**

**Day 3: Drive to Lapubsi (884m); 8 hrs.**

**Day 4: Trek to Khorlabeshi (970m); 6 hrs.**

**Day 5: Trek to Jagat (1,340m); 7 hrs.**

**Day 6: Trek to Deng (1,860m); 7 hrs.**

**Day 7: Trek to Namrung (2,630m); 7 hrs.**

**Day 8: Trek to Lho (3,180m); 6 hrs.**

**Day 9: Trek to Sama Gaun (3,520m); 5 hrs.**

**Day 10: Acclimatisation day (4,000m).**

**Day 11: Trek to Samdo (3,875m); 4 hrs.**

**Day 12: Acclimatisation day (4,900m).**

**Day 13: Trek to Dharamsala (4,460m); 4 hrs.**

**Day 14: Cross Larkya-La Pass (5,160m) and camp at Bhimthang (3,590m); 10 hrs.**

**Day 15: Trek to Gho (2,515m); 6 hrs.**

**Day 16: Trek to Tal (1,700m );6 hrs.**

**Day 17: Drive to Beshisahar and then to Kathmandu; 9/10 hrs.**

**Day 18: Leisure time in Kathmandu.**

**Day 19: Back to home.**

## Cost Includes

- Airport pickups/drops in a private vehicle
- 3-Star hotel accommodation in Kathmandu with breakfast
- Teahouse accommodation during the trek
- All meals (breakfast, lunch & dinner with tea & coffee) during the trek
- Welcome and farewell dinners
- All ground transportation on a comfortable private vehicle as per the itinerary
- An experienced, English-speaking and government-licensed trek guide and assistant guide (4 trekkers: 1 assistant guide)
- Porter service
- Staff costs including their salary, insurance, equipment, food, and accommodation

- Down jacket and sleeping bag if you need (to be returned after trip completion)
- Free Ascent Trails T-shirt, cap or duffel bag
- All necessary paperwork and trekking permits (MCAP, TIMS)
- Medical kit (carried by your trek guide)
- All government and local taxes

## Cost Excludes

- Airfare of international flights
- Nepal entry visa fee (Visa issuance on arrival in Kathmandu)
- Lunch and dinner during your stay in Kathmandu (except for the welcome & farewell dinner)
- Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, nutria-bars during the trekking
- Any personal expenses like laundry, charging, etc
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Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in Government regulations, etc

- Extra transportation out of the itinerary program
- Any additional staff other than specified
- Rescue, repatriation, medicines, medical tests and hospitalization expenses
- Travel Insurance and helicopter rescue
- Wallie-talkies & filming permit (if any special camera or walkies-talkies are taken on the journey)
- Personal trekking gears
- Expenses incurred towards usage of landlines, mobiles, walkie-talkies or satellite phone & Internet expenses
- Tips and gifts for staff
- Any extra services or products or offers or activities, which are not mentioned in the itinerary
- Any other item not included in the “COST INCLUDES” section