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Kapan Marg, Kathmandu, Nepal



Manaslu Circuit Trek

The excursion of Manaslu Circuit Trek starts from Soti Khola at the altitude of 700 meters from sea level is a charming village at the bank of Budhi Gandaki River. From abundant rice paddies terraced fields with water buffalo and thatched huts, we walk north along the incredible, mountain-capped high route, through sprawling Gurung villages perched on high, terraced hilltops covered in Rhododendron, to reach Kutang, or lower Nubri. Here the ethnically Tibetan inhabitants speak their own dialect, partly Tibetan and partly Gurung, and live a lifestyle that spans Nepal and Tibet. Trekking to Manaslu Circuit is ever higher to upper Nubri, purely Tibetan culture and tradition; we share the trails with yak caravans. Here, trade with Tibet continues as it has for centuries and Tibetan refugees have forged Tibetan villages from the wilderness. Inspiring mountain panoramas, dominated by Manaslu itself, are a highlight of the trek as are day hike to Pun Gyen Gompa, Manaslu Base Camp from Sama Gaun and Rui La, a traditional trade route to Tibet at the Nepal-Tibet boarder from Samdo Village, the valley above Samdo near the border of Tibet and the epic crossing the snow-covered Manaslu Larke Pass to Bimtang and Manang region of the Annapurna circuit is life time experiences. This rapid Manaslu Circuit Trek program is planned for those who are fit and strong people already acclimatized in the Alps or Himalaya with previous trekking experience that allows to experience marvelous Manaslu region in short period of time. If you are looking for relaxing and leisure Manaslu trek we recommend you to choose our 18 days around Manaslu trek program that allows to have proper acclimatization process and trek without rush or Manaslu Trek via Tsum Valley that requires minimum 21 days to complete the trek.

Price:

Trip Start:

Trip Ends:

Duration: 16 Days

Grade:

Altitude: 5135m

Destination:

Trip Style:

Transport:

Group Size: 1 - 10+

Best Time: Autumn and Spring Season

Itinerary

Day	Title	Description
1	<u>Arrival in Kathmandu (1,350m)</u>	After landing at the Tribhuvan International Airport, Adventure Ascent representative will be there to greet you and take you to the hotel. We will then check-in at the hotel, freshen up and take a rest. Welcome dinner will be hosted in the evening. Overnight in Kathmandu.
2	<u>City tour in Kathmandu and trek preparation</u>	After introduction with the city tour guide at the hotel you will begin your tour to Pashupatinath temple, Swayambhunath stupa and Bouddhanath stupa, which are all world heritage sites. Pashupatinath temple is one of the most important places of pilgrimage for all Hindus. Swayambhunath is also known as the Monkey Temple and Baudhanath Stupa is one of the largest stupas in the world. After the tour you will meet with your trekking guide, briefing about the trek and checking your trek gears will be done afterwards. Overnight in Kathmandu.
3	<u>Drive to Soti Khola</u>	Early morning, drive to Arughat, some 7 hours by bus or a private jeep through the beautiful landscape. After getting at Arughat we have a connecting local bus ride to Soti Khola, at the bank of Budhi Gandaki River. Overnight in trekking lodge.
4	<u>Trek to Machha Khola (869m)</u>	The trek starts by following the Bhuri Gandaki River through the shady sal forest, continuing steeply uphill along a rugged Cliffside. From here you can see the river's white and wild rapids below. Eventually the trail drops to the Gurung village of Labubesi and follows along the riverbank until we reach the village of Machha Khola where we will spend the night.

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| 5 | <u>Trek to Jagat (1340m).</u> | Today; we follow the gorge and continue up the river. Langur monkeys can usually be heard playing in the jungle high above, where there are also larger Garung villages. We trek through the villages of Khorlabesi, Tatopani, Dovan, Thulo Dunga and finally the cultural village of Jagat at the elevation of 1340m. Now I can see the first Tibetan Buddhist culture influenced village in Manaslu trail. Overnight in Jagat. |
| 6 | <u>Trek to Deng (1860m)</u> | After spending the night in Jagat the trail begins to climb a rocky ridge where views of Sringi Himal (7,187m) emerge. Continue through rich terraced fields of maize, potato and millet before entering the Nupri (‘the Western Mountains) via bamboo forests. We spend the night in the Buddhist village of Deng for overnight stay. |
| 7 | <u>Trek to Namrung (2630m)</u> | From Deng, pass by numerous Tibetan mani walls (intricately hand carved stone walls with Buddhist scriptures), weaving in and out of canyons. Enter into a colourful forest of firs, oaks and rhododendrons before arriving in the settlement of Namrung for overnight stay. |
| 8 | <u>Trek to Sama Gaun (3520m)</u> | Continuing from Namrung the trek climbs steadily into the alpine where you’ll see a first stunning glimpse of Manaslu North and Manaslu. From this point on many of the locals dress in traditional Tibetan clothing called chubas. Still keep going to Sama Gaun through the villages of Shyo, Lho and Shyala. This will be a long day of 7-8 hours walk. Overnight in Sama Gaun. |
| 9 | <u>Rest and acclimatization day at Sama Gaun</u> | Rest days to get physically acclimatized. We can spend the day exploring surroundings such as, Birendra Taal (lake), Buddhist monasteries, Samagaun, a big Tibetan cultured community and a side trip to Pun Gyen Gompa or Manaslu Base Camp but this both side trips requires almost a full day for each. We will see a marvelous view of Manaslu. Stay overnight at same place. |
| 10 | <u>Trek to Samdo (3860m).</u> | This is short day to allow you to better adjust to the altitude. Here is a land of yaks, plentiful marmots and pastures where only barley and potatoes can grow (due the high elevation) and where we finally depart to above the tree line. A pleasant walk brings us to the picturesque village of Samdo – a town known for its yak herding. Samdo is also at the convergence of 3 valleys and is only a day’s walk from Tibet. You are quite likely to see traders coming from the valley carrying Chinese and Tibetan goods. Stay overnight at Samdo. |

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| 11 | <u>Trek to Larke
Rest home aka
Dharmasaala
(4460m).</u> | Continuing on from Samdo follow along a wide, broad path, crossing the Bhuri Gandaki River and traversing along a mani wall. Continue climbing over the Larkya Glacier until coming to a ridge which offers grand views of a huge gorge. We will spend the night here, before embarking on the high Larkya La the next morning. Overnight at Dharmasaala. |
| 12 | <u>Trek to Bimtang
(3750m) via
Larke Pass
(5135m).</u> | Today; it is demanding walk, though not technically difficult trek over the Larkya La at a breathtaking 5135m. From Larkya Phedi, cross glacial moraine and past four frozen lakes as you make your way to the pass. It takes approximately 5 hours to reach this point. From here you can see incredible views of Himlung Himal (7,126m), Cheo Himal (6,820m), Gyaji Kung (7,030m), Kang Guru (6,981m) and Annapurna II (7937). Begin your descent down a trail along a steep gully. Eventually the trail peters out into more level area of grassy moraine. The valley opens up as you continue your descent to Bimthang and we'll overnight here. |
| 13 | <u>Trek to Dharapani
(1963m)</u> | Cross a glacial stream and climb over the side of the moraine descending into a spectacular forest of rhododendron and impressive pines, with view of Manaslu providing an equal amount of splendor. Descend down towards the Dudh (milk) Khola then continue through a more agricultural landscape until reaching the village of Goa, Tilje and finally down to Dharapani. |
| 14 | <u>Drive to Besi
Sahar –
Kathmandu</u> | After our breakfast we will catch a local jeep or bus get a bus to Beshisahar and connecting local hiace van drive to Kathmandu. This is will be a long day drive. Considering extending a night and staying overnight in Besi Sahar allows you to travel relaxingly to Kathmandu. Transfer to hotel in Kathmandu. Overnight in Kathmandu. |
| 15 | <u>Extra day in
Kathmandu</u> | This day will be an extra buffer day just incase the flight from Lukla get cancelled due to bad weather. We will have farewell dinner in the evening. |
| 16 | <u>Final departure</u> | Our adventure in Nepal ends today. An Adventure Ascent representative will drop you off at the Tribhuvan International Airport a few hours before the scheduled flight for final departure towards your sweet home. |

Includes

Airport Pick up and transfers to hotel.

All accommodation as BB in 4/5 star hotel. Depending on choices

Welcome & farewell dinner,

Experience professional guide for tour, trekking.

Full insurance, transportation & salary for staff during the trip.

Full board meals on trekking breakfast lunch & dinner.

Properly tea and coffee whatever hot drink available during the trekking.

Transportation from the starting and ending points of the trekking.

All domestic flight tickets

First Aid Kit for staff.

Oxygen gas in case (extra safety)

National park, conservation entry fee and TIM's card or trekking permit whatever needed.

All entrance fees during the sightseeing.

Sleeping bag.

Trekking stick.

Duffel bags (for trekking Luggage).

Excludes

Lunch and dinner in Kathmandu

All hard drinks such as: Mineral water, whisky, rum, cola, fanta, etc.

Any extra cost offering from unfavorable circumstance such as weather bad.

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Personal equipment.

Personal equipment.

Tips for trekking staff.