

- Mt Manaslu (8163m) is 8th highest mountain in the world.
- Cross Larkya La (5215m) with amazing Mountain views.
- Local people and culture, lifestyles similar to Tibetans.

Manaslu circuit trekking also is known as the Larkya La Pass (5215 m) trekking situated western part of Nepal. The trek was permitted only after 1992. The trek lies in the restricted area of the Manaslu region, requires a special trekking permit. The name of mountain Manaslu means "The spirit-mountain". It is far less crowded, newly opened, untouched, lush and extraordinary views of the Manaslu Himalayan range. Mt. Manaslu (8163m) is the eighth highest mountain in the world. Manaslu treks also great Himalayan trail route.

Around Manaslu trekking tough part of the trail is cross Larkya la (5215 m). The larkya la top offers magnificent views of Mt. Manaslu, Annapurna, and Himalchuli etc. Along the trail, travelers have plenty of opportunities to interact with local people who are called Nupris. They have culture and lifestyles similar to Tibetans, visit Shringi Gumpa, Mu, and Rachen Gompas, some are popular and ancient Buddhist shrines. The trail connects Annapurna circuit trekking in Dharapani. The famous Manaslu circuit trekking is possible to do tea house.

Manaslu trekking design to fulfill the dream of many people to experience the significant route to the base of the world's 8th highest mountain. The Glacier Adventure Company has carefully designed our itinerary with a few rest days offer a special way to acclimatize safely. We learned never to rush a trek to altitude in the Himalayas.

**Trip Facts****Price:**

USD 1540

**Duration:**

16 days

**Activities:**

Hiking &amp; Trekking, Tours &amp; Sightseeing

**Accommodation:**

Lodge to lodge

**Meals:**

Breakfast in Kathmandu/ All the meals during trekking

**Max. Altitude:**

5215m

**Group Size:**

Minimum 1

**Best Season:**

February, March, April, May, September, October, November &amp; December.

**Daily walking Hour:**

5 to 7 hours

**Transportation:**

Car/Van/Plane

## Day to Day Itinerary

### Day 1: Arrival in Kathmandu (1300m)

**Accommodation:** Tourist Standard Hotel | **Meal:** Welcome dinner

When the traveler arrives airport in Kathmandu, Our representative will meet you and transfer to the hotel, then take a rest in the evening time will have welcome dinner at Nepali restaurant.

### Day 2: Kathmandu sightseeing (1300m)

**Walking hr:** 6 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast

After breakfast tour guide pick up you for a tour around Kathmandu valley (Pashupati Temple, Boudhanath, Swayambhu, Kathmandu Durbar square) after that prepare for trekking. Traveler meets trekking guide and team member, they check your equipment as well as advice what you need for trekking.

### Day 3: Kathmandu to Arughat to Soti Khola (725m)

**Walking hr:** 9hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning drive bus Kathmandu to Arughat through the beautiful Nepalese countryside to reach the Arughat then continue Soti Khola transfer to the hotel rest of the time explore the around Soti Khola.

### Day 4: Soti Khola to Machha Khola (910m)

**Walking hr:** 6 hours | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today, trekkers will encounter with the magnificent mountain ranges and unspoiled culture. After breakfast starts walking. The trail is going up and down, but very nice with green forests an eye-pleasing view, unique landscapes, rich flora and fauna and virtually Blue River. Trekkers cross Armala, Lapubesi, Nauli Khola, Khanibesi and finally reach the Macha Khola. The Lapubesi and Khanibesi is beautiful and famous Gurung village.

### Day 5: Machha khola to Jagat (1360m)

**Walking hr:** 6 hours | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today, the adventure walk on the rugged terrain, views of outstanding mountains and cultural traveling around during the trail makes it a perfect. After breakfast starts walking. The trail is going up and down. Trekkers passing through Gurung villages Khorlabesi, Tatopani, Dobhan and Yuru Khola along Budigandaki valley, finally reach in Jagat.

### Day 6: Jagat to Deng (1950m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. First register permits in the checkpoint. The trail passes through riverbank cross several bridges and goes up and down to Shridibas then catch the right path to Budi Gandaki. The trail ascends to Philim. There is a good school building made by Japanese people. The trails cross Ekle Bhatti through a narrow gorge along the Budi Gandaki River and finally reach in Deng.

**Day 7:Deng to Namrung(2710m)****Walking hr:** 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today the trail will allow admiring the unique beauty of nature and geographic diversity. After breakfast starts walking. The trail is longer and more difficult than previous days. Trekker sees amazing views flowering mustard in the fields. After a few hours walking reach the Ghap after that continue walking heard the pleasant sound of a waterfall with beautiful scenery. Explore ancient write and art on the stone wall. After, a few hours walk reach Namrung. This is a beautiful Buddhist village; Trekker can visit Monasteries, Hydro Powerhouse and Mani walls.

**Day 8:Namrung to Sama Goan (3370m)****Walking hr:** 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail crosses Barcham and Hinan River. This river starts from Linda Glacier. Trekker sees beautiful snow-capped mountain views Nain Peak, Manaslu north and Manaslu. After a few hours walking reach at Lho Gaon then continue to the Damon an Khola and Shya. Finally, reach Samagoan.

**Day 9:Samagoan Acclimatization day!****Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is acclimatization day for adjusting the thin air. Trekkers have many options, after breakfast can go for hiking or go to the lake, visit Monastery or explore Samagoan village, where find big Tibetan community's settlement and have fantastic views of Mt. Manaslu.

**Day 10:Samagoan to Samdo(3780m)****Walking hr:** 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail ascends to Samdo through the desert with the windy valley. This village is located Nepal and Tibet border. Many Tibet refugees live in Samdo. Trekkers see excellent views of Manaslu, Pang Phu Chuli, Nagdi Chuli and Manaslu Icefall.

**Day 11:Samdo to Dharmasala/Larkya Phedi (4460 m)****Walking hr:** 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Dharmashala also has known Larke Phedi. After breakfast starts walking. Today, Trekkers will cross trail same as last days rocky and zigzags. There is a small and basic Guest house. Where gives basic facility of food and the lodge dormitory style room.

**Day 12:Dharmasala/Larkya Phedi to Larkya Pass to Bimtang (2200m)****Walking hr:** 8 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the main day for trekkers. Convert Dream to Reality. Early in the morning after breakfast start walking. Trekkers need to bring food form hotel for lunch. The trail reaches on the top of the moraine at 4,700m (15,420ft) and climbs steeply to the Larkya pass at 5,135m (16,847ft). Trekker sees magnificent views of Himlung Himal (7,126 m), Cheo Himal (6,820 m), Gyagi Kung, Kang Kuru (6,981 m) take your time than the trail descends to Bimtang (" Plain of Sand" in the Tibetan Language). This huge valley is surrounded by high peaks.

### **Day 13:Bimtang to Dharapani(1960m)**

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today the trail connects to the main trail of the Annapurna circuit. After breakfast starts walking. Trekker sees excellent views of Manaslu and Annapurna II. The trail descends down to Dudh Khola, then crosses pine and rhododendron forest, then reaches Gho, and finally reaches Dharapani.

### **Day 14:Dharapani to Jagat (1310m)**

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. Today follow the easy and classic trail to Annapurna circuit, cross Tal and the Chamje village through a bank of the Marshyandi River. Finally, reach Jagat.

### **Day 15:Jagat to Kathmandu (1300m)**

**Walking hr:** 8 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast , lunch & Farewell dinner

Early in the morning drive bus Jagat to Kathmandu through the beautiful Nepalese countryside to reach the Kathmandu then transfer to the hotel rest of the time explore the around Thamel.

### **Day 16:Departure day !**

**Meal:** Breakfast

We dropped you to the international airport for your departure flight to your onward destinations. The Glacier Adventure Company wishes you a wonderful Himalayan adventure in Nepal.

This above Itinerary is a guideline and a standard pattern of what we provide. Our trips can be customized in your interest to accommodate your specific requirements. We also arrange Manaslu Circuit trekking without sightseeing and hotel arrangements.

NOTE: During the trips, weather conditions, local politics, transportation or multiple other factors. They are beyond our control, can change Itinerary. However, Unlikely that Itinerary would be substantially altered, if necessary, Group leader will decide the best alternative, they change the best one of the whole group. Where a change does occur, we do everything best. We minimize its special effects but we cannot be responsible for the results of delays.

## **Trip Cost Includes**

- Airport / Hotel / Airport pick up & drop by private car / van / bus.

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- Standard twin sharing accommodation two/three star hotel in Kathmandu breakfast included (3 nights)
- Welcome and fair well dinner.
- All accommodation and meals during the trek
- A full day sightseeing tour in Kathmandu valley including tour guide and entrance fees
- Government licensed experience English speaking Guide. Two peoples one porter and 4 people 1 Sherpa.
- The required number of local staff and Porters to carry your luggage during the trek.
- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- All trekking permits/fees
- Down Jacket and sleeping bag (which needs to be returned after the trek.)
- Free duffle Bag/T- shirt/trekking map
- Surface transfer from and to Kathmandu
- All our government taxes.
- Official expense.

## Trip Cost Excludes

- Your travel and rescue insurance
- International airfare and airport departure tax.
- Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery charge, extra porters, mineral water or boiled water, shower)
- Personal trekking Equipment.
- Tips for staff.
- Others expenses which are not mentioned on Price Includes.
- Excess baggage charges
- Lunch and evening meals in Kathmandu and Pokhara and also in the case of the early return from the mountain than the scheduled itinerary)
- Extra night accommodation in Kathmandu and Pokhara because of early arrival, late departure, and the early return from the mountain (due to any reason) than the scheduled.

## IMPORTANT NOTE

Trekker's safety is our paramount concern while trekking with Glacier Adventure. Every effort will be made to keep to the above the itinerary. Manaslu circuit Trekking located the remote area in the Manaslu region. Glacier Adventure can't guarantee it such as weather condition, availability of porter and the health of team members can all contribute to change. Guide and Sherpa will try to ensure that the trip runs according to plan. Please, be prepared to be flexible if necessary.

## Pre-trip meeting

Glacier Adventure hosts the Pre-trip meeting in Kathmandu 2nd day of the itinerary. Trekkers introduce with trek leader. We will provide an opportunity for individuals to ask questions about Manaslu circuit Trekking. The pre-trip meeting covers personal equipment, acclimatization and to introduce you to another team member. Glacier Adventure hopes pre-trip meeting have excellent, informative, supportive and fun.

### Acclimatization

Glacier Adventure's Manaslu circuit Trekking itinerary is focus rules AMS (Acute Mountain Sickness) when going up too fast a medical condition serious enough to kill. High mountain area is less oxygen in the air. If trekkers are wanted safe Manaslu circuit Trekking. Their body needs some days to rest in the less air environment. Especially, travelers need to know the heart, lungs/blood diseases to consult their doctor before leaving home. Glacier Adventure's itinerary designed to try to prevent AMS as much as possible. It is important to remember that some people are more susceptible than others.

### Physical Condition & Experience Requirements

Normally, Manaslu circuit Trekking is a remote mountain in Manaslu region. This is suitable for Physical fit walkers. The traveler must be in good health and physical condition. Most parts of treks five to six hour walk and some days are seven hours. It is a good idea; prepare yourself in the lead-up to your trip with some regular exercise. The best form of which is a good walk in the hill area. Technical experience is not required, hiking experience is an advantage, but the most important thing is a positive attitude and a generous amount of determination. If you have any pre-existing medical conditions, it is vital you let us know the details of these before setting. Also, before coming to Nepal it's important to consult your doctor regarding vaccination and any other medical concerns the trip may raise. "Medical and emigration expenses are your responsibility."

### Insurance

When traveling with Glacier Adventure. Trekkers must be fully insured, including Air rescue, Air ambulance, and treatment service. If have an accident? Trekkers should be careful in choosing a policy; however, as some make special exceptions for adventure travel. Please note that Glacier Adventure doesn't arrange any insurance.

### Staff Arrangements

Glacier Adventure staffs try to make successful, enjoyable and memorable in your Manaslu Circuit Trekking. They are innocent, helpful, experienced and Careful. Your trip leads, the best and most professional leader. He had a long experience. He has knowledge of the Culture, Ecosystem, flora and fauna, geography and history of Nepal. Glacier Adventure's leader trained in the following things

English Language.  
Trekking guide training.  
First aid course.  
Conservation & Biodiversity

### Porter care



Trekking is an adventure. Porter's job is a hard-working job. They carry trekker supplies and baggage that makes a journey easy and comfortable in the remote mountains of the Manaslu region. We ensure all our porters are well trained and well paid. Porters who become sick are treated with the same care and attention as team members and we have previously used helicopters at Tour expense to rescue porters from dangerous situations. For the porter's sake, we require all trekkers to keep their bag weight of 15 to 20kg. We support the work of the International Porter Protection Group (IPPG), Provides help and advice to those organizations to improve the working conditions of the porters on whom we depend.

## Accommodations

All accommodations for Manaslu circuit Trekking are twin sharing basic included in the trip cost. The trip based on, standard service and Standard hygiene food. There are two types of accommodations on the trip. Standard tourist hotel in Kathmandu and during the treks, Trekkers spends standard Guesthouse which one normal room with wooden beds and foam mattress. Glacier Adventure also provides the attached bathroom where is possible. Some places are only having shared shower/washing and toilet facilities. We always try to provide good rooms in all places.

