



CORPORATE ADVENTURE TREKS PVT. LTD.

P.O. Box: 23877, Kathmandu, Nepal, Tel: +977-1-4700939

Manaslu Circuit Trek

Trip Introduction

Manaslu Circuit Trek gives you the taste of what heaven really looks like. With trails that move through remote and authentic Hindu and Tibetan villages, dense forests. The amazing suspension bridges of Budhi Gandaki intensifies the trek in terms of wilderness. The mix of sublime cultural revelation and natural glory make the Manaslu Circuit Trek one to rave for years after the undertaking.

Manaslu Circuit Trek starts with your arrival at Kathmandu. You can explore Kathmandu which gives you a taste of ancient architecture and historical importance. Next, we move to Soti Khola on a difficult trail. The bumpy and rocky trail leads you to the rough part of the Budhi Gandaki. Later, you walk on up and down trails along with slippery rocks to reach Machha Khola. We walk to Tatopani on the narrow trails between Budhi Gandaki and a cliff. Walk up the riverbed then climb over a rocky point to Salleri that gives you views of Shringi Himal (7161m), descend to Sirdibas to reach Deng.

Continue in and out of gorges, cross the Serang Khola to the north and climb sharply before circling into Ghap. Drop to cross the Budhi Gandaki on a wooden bridge and Samdo Peak calls out for afternoon traveling. You can see the main path for Tibet over the Lajyung La sloping up against the right-hand valley. Climb gradually over the edge behind Dharmasala. The views during the descent are huge and breath-taking. Icefalls and mountains in all directions, a medial glacial lake (Pongkar Tal) between the Pongkar and Salpa danda Glaciers, and the connection of these two glaciers with a third glacier to form the Bimthang Glacier. We then move to Syange and finally to Kathmandu. This popular trek hypnotizes people as it combines the country's most famous landmarks and sacred sites.

With our team of highly experienced and friendly guides at **Corporate Adventure treks**, the tour is undoubtedly going to be even more hypnotizing. You will be having the best times of your life and will bring in to you the craving to come back for more. So this year, give us a try and experience what we have to give.

Highlights of the trek: -

- Trek through the off-beaten trails
- Visit the deepest gorge in the world, the Kali Gandaki gorge
- Cross Larke La pass (5160m) and enjoy the mountain vistas from the top
- Explore the villages of Lho and Sho which have deep Buddhist backgrounds
- Relish the enchanting Manaslu and Annapurna range including Mt. Manaslu (8163m)
- Trek through both Manaslu Conservation Area and Annapurna Conservation Area



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Detailed Day To Day Itinerary: -

Day 1: Welcome to Kathmandu!

The first day of our journey begins by welcoming you to Kathmandu at the international airport. Our representatives will pick and drop you at the hotel.

Overnight stay at a hotel in Kathmandu.

Day 2: Explore Kathmandu.

We will be going to religious places and ancient architectures. Places like Pashupatinath, Boudhanath, Swayambhunath, and Kathmandu Durbar square will be the main attractions and these sites have also been enlisted as world heritage sites by UNESCO. Later, safety measures and detailed guide will be given to you by the expertise.

Overnight stay at a hotel in Kathmandu.

Day 3: Drive from Kathmandu to Soti Khola. (720 m)

Duration: 8-10 hours drive

The drive heads along the Prithvi Highway and on the latter stages the roads are dirty but the landscapes of the rice fields, waterfalls, and greenery through the villages are amazing to watch. The drive reaches Arughat Bazaar where shared jeeps are also available to go to Soti Khola. At Soti Khola, you can rest and prepare for the trek.

Overnight stay at Soti Khola.

Day 4: Soti Khola to Machha Khola. (900 m)

Duration: 5-6 hours

The bumpy and rocky trail leads you to the rough part of the Budhi Gandaki. The trails are narrow and landslides inflicted. As you walk, you will come across Liding where there is a camping site and Lapubesi, which is a village on several hills along the trails. Later, you walk on up and down trails along with slippery rocks. The tropical vegetation adds its beauty with thrilling suspension bridges till you reach Machha Khola.

Overnight stay at Machha Khola.



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Day 5: Machha Khola to Jagat. (1370 m)

Duration: 4-5 hours

We walk to Tatopani on the narrow trails between Budhi Gandaki and a cliff. There are basic accommodation facilities and natural hot water stream. After an hour walk leads to Dobhan, to Syaule Bhatti and then to Yaru where the scenes of Budhi Gandaki will leave you in awe as it descends rapidly in beautiful cascades. The valley leads to Yaru and after 2-3 hours, you will reach Jagat.

Overnight stay at Jagat.

Day 6: Jagat to Deng. (1,804 m)

Duration: 5-6 hours trek.

Walk up the riverbed then climb over a rocky point to Salleri that gives you views of Shringi Himal (7161m), descend to Sirdibas. Continue up-river on the left bank, up and down before crossing a suspension bridge and ascend to Philim. After an hour, reach Ekle Bhatti and cross high above a spectacular gorge, with pine trees. Finally, drop to Budhi Gandaki River and continue ahead to Deng.

Overnight stay at Deng.

Day 7: Deng to Namrung. (2,630 m)

Duration: 5-6 hours

Move to the east bank and ascend to Rana and pass the trail up to Bihi. Continue in and out of gorges, cross the Serang Khola and climb sharply before circling into Ghap. Arrive in the neat village of Namrung after about 1.5 hours from Ghap, with shops, a restaurant and Thakali lodges across the flagstone square.

Overnight stay at Namrung.

Day 8: Namrung to Samagaon. (3,530 m)

Duration: 5-6 hours trek

The trail from Lho climbs through quite a compressed forest towards Shyala. Passing Sho on the way, the trail passes many villages greatly influenced by Tibetan Buddhism, and a large number of monasteries, Chortens, and prayer flags reflect its prevalence. The trail from Shyala on marks the slope that drains Pungen glacier and reaches Samagaon.

Overnight stay at Samagaon.



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Day 9: Rest day in Samagaon / Optional Day Hike.

Today will be a rest day to get physically acclimatized and relax the aching body. We can spend the day exploring environments and places such as Birendra Lake and Pung Gyen Gumba. This trip will cover almost a full day. We will see wonderful views of Manaslu range including the majestic Mt. Manaslu. (8163m).

Overnight stay at Samagaon.

Day 10: Samagaon to Samdo. (3,875 m)

Duration: 5-6 hours

The trail from Samagaon leaves from the northern end of the village. With the Birendra Lake insights, we slowly begin walking along the Budhi Gandaki River, although it is smaller than the form it had earlier on in the trek. Trekking through pasture lands, the journey heads towards Samdo with the Manaslu, Samdo, and Pangboche Himal ranges.

Overnight stay at Samdo.

Day 11: Samdo to Dharmasala. (14,633 feet / 4,460 m)

Duration: 5-6 hours trek

Descending past Samdo on a wide trail, sinking to cross Budhi Gandaki. Past the trail to Tibet to the right and climb left after a Mani wall, navigating through juniper with many marmots. We cross two gorges on thin tracks. Dharmasala is a stone hut with three rooms and an almost integral roof, but the lack of doors means that it can fill up with snow and remain full of ice for months.

Overnight stay at Dharmasala.

Day 12: Dharmasala to Bimthang (3590 m) via Larkya La Pass. (5,160 m)

Duration: 8-9 hours

We climb gradually over the edge behind Dharmasala and beside the large adjacent moraine of the Larke Glacier. Moving down past four frozen lakes and make a final climb to the left up to Larkya-La (5160m), marked by prayer flags. The peaks that can be relished from the pass are Himlung (7126m), Annapurna II (7937m), Kang Guru



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(6981m), and numerous others in the Annapurna Range. Descend on loose gravel to a beautiful valley to very scenic Bimthang.

Overnight stay at Bimthang.

Day 13: Bimthang to Tilije. (2,300 m)

Duration: 5-6 hours trek.

Descend at the Bimthang Plain to cross the stony glacier to reach superb pristine rhododendron and pine forest. Enjoy the views back of the Larke, Manaslu, Ngadi, and Chuli Himal ranges. The trail goes downhill along the west bank of the Dudh Khola pass beautiful Sangure Kharka (3,020m/9,909ft) before going down to the highest cultivated land at Karche. We trek through woodlands to the old cemented village of Tilije.



Day 14: Tilije to Tal. (1,700 m)

Duration: 6-7 hours

The trek continues south as we cross Thonje and Thonje Gumba. Following Dudh Khola, we reach Dharapani. Resting for a while at Dharapani, we head towards Karte. From Karte, we begin to make a gradual descent and cross Kawale Chhahare River to reach Tal. Once at Tal, we can rest and explore the village on the rest of the day.

Overnight stay at Tal.

Day 15: Tal to Syange. (1,080 m)

Duration: 5-6 hours trek.

Today the trail runs smoothly downstream of the river passing the village of Chamje and Himal Pani. We gradually ascend gently for 30 minutes and the trail runs gently down to Sanjee village, then trail ascends for 15 minutes to Ghermu Phant. From here another 2 hours easy walk and 30 minutes uphill will take to the village of Syange.

Overnight stay at Syange.



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Day 16: Drive from Syange to Kathmandu.

Duration: 8-9 hours

After our breakfast, we will catch a local jeep or bus get a bus to Syange and linking local van drive to Kathmandu. This is will be a long day drive. Allowing to extend a night and stay overnight in Besisahar gives you to travel relaxingly to Kathmandu. In Kathmandu, we can explore the city or rest in the hotel.

Overnight stay at a hotel in Kathmandu.

Day 17: Depart Kathmandu.

Today will be a farewell day. After early morning breakfast, we will be take you to the airport 3 hours prior to the scheduled time. Goodbye and have a safe journey!!

What's Included: -

- All airport/hotel transfers.
- Guided sightseeing tour in Kathmandu.
- Accommodation in a 3-star hotel in Kathmandu with breakfast.
- Guesthouse accommodation during trekking in the mountains.
- Breakfast in Kathmandu and all meals during trek.
- All ground transportation as per the itinerary by private vehicles.
- All necessary staff with experienced leader (guide), assistant guide (10 trekkers: 1 assistant guide) and Sherpa porters to carry luggage (2 trekkers: 1 porter) including their salary, insurance, equipment, flight, food and lodging.
- All necessary paper works; trekking permits. (ACAP, special permit for Manaslu)
- Travel and rescue arrangements.
- Welcome and farewell dinner.
- Exclusive Medical Kit Bag.
- All government and local taxes.

What's Excluded: -

- [Nepal](#) Visa fee (bring accurate USD cash and two passport photographs)
- International airfare to and from Kathmandu
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary



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- Altitude chamber (PAC) or oxygen
- Lunch and evening meals in Kathmandu (and also in the case of early return from mountain than the scheduled itinerary)
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, heater, etc.)
- Optional trips and sightseeing if extended

