



## Bridge Nepal Treks & Travels

Ananda Bhairab Marg, Naxal, Kathmandu

Phone: +977 9802397328 | +977 9851425260

Email: info@bridgenepaltreksandtravels.com

Website: www.bridgenepaltreksandtravels.com

# Manaslu Circuit Trek 16 Nights 17 Days | Restricted Area Trek Nepal | Bridge Nepal Treks and Travels

<b>Price</b>	1750.00
<b>Duration</b>	16 Nights and 17 Days
<b>Location</b>	Nepal

### Tour Overview

The 17-Day Manaslu Circuit Trek is an extraordinary journey through one of Nepal's most remote and spectacular Himalayan regions. This off-the-beaten-path trekking adventure circles the majestic Mount Manaslu (8,163m), the world's eighth-highest mountain, offering an authentic blend of breathtaking mountain scenery, rich Tibetan-influenced culture, and challenging high-altitude exploration.

Your adventure begins with a warm welcome in Kathmandu and a cultural introduction to Nepal before heading toward the remote Budhi Gandaki Valley. The trail winds through lush forests, terraced hillsides, traditional villages, deep river gorges, and ancient monasteries, gradually ascending into the pristine high Himalayas. Along the route, you will pass through charming settlements such as Jagat, Deng, Namrung, Lho, Samagaon, and Samdo, where centuries-old traditions and mountain lifestyles remain beautifully preserved.

One of the trek's highlights is spending time in Samagaon for acclimatization, surrounded by magnificent views of Manaslu, Himal Chuli, Ngadi Chuli, and other towering peaks. The ultimate challenge and reward come with crossing the spectacular Larkya La Pass (5,160m), one of Nepal's most dramatic and scenic mountain passes. From the

summit, trekkers are treated to breathtaking panoramas of snow-capped Himalayan giants, glaciers, and rugged alpine landscapes before descending to the beautiful valley of Bimthang.

This Manaslu Circuit Trek is perfect for adventure seekers looking for a less crowded alternative to Everest and Annapurna trekking routes. Combining remote wilderness, authentic Himalayan culture, diverse landscapes, and high-mountain adventure, it is widely regarded as one of the finest trekking experiences in Nepal.

With Bridge Nepal Treks and Travels, you will enjoy expert local guides, carefully planned logistics, comfortable accommodations, personalized service, and a strong commitment to safety, ensuring a seamless and unforgettable trekking in Nepal experience from arrival to departure.

### Trip Highlights

- Experience the legendary Manaslu Circuit Trek, one of Nepal's most remote and rewarding Himalayan adventures.
- Journey around Mount Manaslu (8,163m), the world's eighth-highest mountain.
- Enjoy a warm VIP welcome and cultural exploration of Kathmandu before your Himalayan adventure begins.
- Trek through the pristine and less-crowded Manaslu Conservation Area.
- Follow the spectacular Budhi Gandaki River through deep gorges, waterfalls, suspension bridges, and lush forests.
- Explore authentic Tibetan-influenced mountain villages including Samagaon, Samdo, Lho, Namrung, and Deng.
- Visit ancient monasteries, mani walls, prayer wheels, and traditional Himalayan settlements rich in Buddhist culture.
- Acclimatize in Samagaon, one of the most beautiful villages in the Manaslu region.
- Witness breathtaking views of Manaslu, Himal Chuli, Ngadi Chuli, Ganesh Himal, Shringi Himal, Himlung Himal, and Kang Guru.
- Experience dramatic changes in landscape, vegetation, climate, and culture as you ascend through the Himalayas.
- Cross the spectacular Larkya La Pass (5,160m), one of Nepal's most scenic and adventurous high mountain passes.
- Enjoy panoramic views of glaciers, icefalls, alpine valleys, and snow-covered Himalayan peaks from Larkya La.
- Trek through remote yak pastures, alpine meadows, and pristine mountain wilderness.
- Discover the untouched beauty and authentic culture of one of Nepal's finest restricted trekking regions.
- Experience comfortable teahouse accommodation and genuine Himalayan hospitality throughout the journey.
- Connect the Manaslu and Annapurna regions while trekking through diverse mountain landscapes.
- Perfect alternative to the Everest and Annapurna treks for travelers seeking solitude and authentic adventure.
- Professionally guided by Bridge Nepal Treks and Travels with expert local knowledge, personalized service, and a strong commitment to safety.

## Detailed Itinerary

### Day 1: Arrive in Kathmandu with VIP Welcome (1,400m)

Upon arrival at Tribhuvan International Airport, a representative from Bridge Nepal Treks and Travels will warmly welcome you and transfer you to your hotel. After check-in, enjoy free time to relax or explore the vibrant streets of Kathmandu. In the evening, attend a trek briefing and meet your guide.

Maximum Elevation: 1,400m

Activity: Airport Transfer

Driving Duration: 30-45 Minutes

Overnight: Hotel in Kathmandu

### Day 2: Kathmandu Exploration & Trek Preparation (1,400m)

Spend the day exploring Kathmandu's cultural and historical landmarks. Visit ancient temples, traditional markets, and UNESCO World Heritage Sites while learning about Nepal's rich history and culture. Later, complete your trekking preparations and equipment check.

Maximum Elevation: 1,400m

Sightseeing Duration: 5-6 Hours

Overnight: Hotel in Kathmandu

Meals: Breakfast

### Day 3: Scenic Drive to Soti Khola (710m)

Driving Distance: Approximately 140 km

Driving Duration: 7-9 Hours

After breakfast, begin your journey towards the Manaslu region. Drive through scenic hills, terraced farmlands, river valleys, and traditional villages before reaching Soti Khola, the starting point of the trek.

Maximum Elevation: 1,400m

Overnight: Teahouse in Soti Khola

Meals: Breakfast, Lunch, Dinner

#### **Day 4: Trek from Soti Khola to Machha Khola (900m)**

Trek Distance: Approximately 14 km

Trek Duration: 5-6 Hours

Follow trails through forests, terraced fields, waterfalls, and small settlements. Cross suspension bridges and enjoy the beautiful scenery of the Budhi Gandaki Valley before reaching Machha Khola.

Maximum Elevation: 900m

Overnight: Teahouse in Machha Khola

Meals: Breakfast, Lunch, Dinner

#### **Day 5: Trek from Machha Khola to Jagat (1,340m)**

Trek Distance: Approximately 22 km

Trek Duration: 6-7 Hours

The trail follows the Budhi Gandaki River through narrow gorges, forests, and traditional villages. Pass hot springs, cross suspension bridges, and gradually ascend to Jagat, the gateway to the restricted Manaslu region.

Maximum Elevation: 1,340m

Overnight: Teahouse in Jagat

Meals: Breakfast, Lunch, Dinner

#### **Day 6: Trek from Jagat to Deng (1,860m)**

Trek Distance: Approximately 20 km

Trek Duration: 6-7 Hours

Climb through beautiful forests, stone-paved trails, and traditional villages while enjoying views of waterfalls and rugged mountain terrain. The cultural influence of Tibetan Buddhism becomes increasingly visible as you approach Deng.

Maximum Elevation: 1,860m

Overnight: Teahouse in Deng

Meals: Breakfast, Lunch, Dinner

### **Day 7: Trek from Deng to Namrung (2,630m)**

Trek Distance: Approximately 19 km

Trek Duration:\*\* 6-7 Hours

The trail passes through dense forests, mani walls, chortens, and picturesque villages. Enjoy increasingly spectacular mountain views as you arrive in Namrung, one of the region's most scenic settlements.

Maximum Elevation: 2,630m

Overnight: Teahouse in Namrung

Meals: Breakfast, Lunch, Dinner

### **Day 8: Trek from Namrung to Lho (3,180m)**

Trek Distance: Approximately 11 km

Trek Duration: 4-5 Hours

Trek through alpine landscapes and traditional Tibetan-influenced villages. Magnificent views of Manaslu, Himal Chuli, and surrounding peaks accompany you throughout the day as you reach the beautiful village of Lho.

Maximum Elevation: 3,180m

Overnight: Teahouse in Lho

Meals: Breakfast, Lunch, Dinner

### **Day 9: Trek from Lho to Samagaon (3,530m)**

Trek Distance: Approximately 17 km

Trek Duration: 5-6 Hours

Today's trail offers some of the best mountain scenery of the trek. Pass ancient monasteries, yak pastures, and

traditional settlements before arriving at Samagaon, located beneath the towering slopes of Mount Manaslu.

Maximum Elevation: 3,530m

Overnight: Teahouse in Samagaon

Meals: Breakfast, Lunch, Dinner

### **Day 10: Acclimatization Day in Samagaon**

Optional Hiking Distance: 6-10 km

Hiking Duration: 3-5 Hours

A rest day dedicated to acclimatization. Optional hikes to nearby viewpoints, monasteries, or glacial lakes provide excellent opportunities to adapt to the altitude while enjoying spectacular views of Mount Manaslu and surrounding peaks.

Maximum Elevation Reached: Approximately 4,000-4,500m (depending on hike)

Overnight: Teahouse in Samagaon

Meals: Breakfast, Lunch, Dinner

### **Day 11: Trek from Samagaon to Samdo (3,875m)**

Trek Distance: Approximately 8 km

Trek Duration: 3-4 Hours

A relatively short trekking day allows gradual altitude gain. Walk through alpine terrain and yak grazing areas while enjoying stunning mountain views before reaching the remote village of Samdo.

Maximum Elevation: 3,875m

Overnight: Teahouse in Samdo

Meals: Breakfast, Lunch, Dinner

### **Day 12: Trek from Samdo to Dharamsala (4,460m)**

Trek Distance: Approximately 11 km

Trek Duration: 4-5 Hours

Continue ascending through rugged alpine landscapes towards Dharamsala, also known as Larkya Phedi. This is the final stop before crossing the famous Larkya La Pass.

Maximum Elevation: 4,460m

Overnight: Teahouse in Dharamsala

Meals: Breakfast, Lunch, Dinner

### **Day 13: Cross Larkya La Pass (5,160m) & Trek to Bimthang (3,720m)**

Trek Distance: Approximately 24 km

Trek Duration: 8-10 Hours

The most challenging and rewarding day of the trek. Start early and ascend to Larkya La Pass (5,160m), where breathtaking views of Himlung Himal, Kang Guru, Cheo Himal, Annapurna II, and Manaslu await. Descend through glacial valleys and alpine meadows to Bimthang.

Maximum Elevation: 5,160m

Overnight: Teahouse in Bimthang

Meals: Breakfast, Lunch, Dinner

### **Day 14: Trek from Bimthang to Tilije (2,300m)**

Trek Distance: Approximately 19 km

Trek Duration: 6-7 Hours

Descend through beautiful rhododendron forests, pine woods, and traditional villages while enjoying magnificent mountain views. Reach the charming village of Tilije.

Maximum Elevation: 3,720m

Overnight: Teahouse in Tilije

Meals: Breakfast, Lunch, Dinner

### **Day 15: Trek to Dharapani & Drive to Besisahar (760m)**

Trek Distance: Approximately 8 km

Trek Duration: 2-3 Hours

Driving Distance: Approximately 45 km

Driving Duration: 3-4 Hours

After a short trek to Dharapani, join the Annapurna Circuit route and drive through scenic mountain roads to Besisahar.

Maximum Elevation: 2,300m

Overnight: Lodge in Besisahar

Meals: Breakfast, Lunch, Dinner

### **Day 16: Drive from Besisahar to Kathmandu (1,400m)**

Driving Distance: Approximately 175 km

Driving Duration: 6-7 Hours

Drive back to Kathmandu through picturesque countryside, rivers, and hillside villages. Upon arrival, enjoy free time for shopping, relaxation, or celebrating the completion of your Himalayan adventure.

Maximum Elevation: 1,400m

Overnight: Hotel in Kathmandu

Meals: Breakfast

### **Day 17: Depart with Himalayan Memories**

After breakfast, a representative from Bridge Nepal Treks and Travels will transfer you to Tribhuvan International Airport for your departure flight. Leave Nepal with unforgettable memories of the Manaslu Circuit Trek, Larkya La Pass, remote Himalayan villages, and the breathtaking landscapes of the Manaslu region.

Maximum Elevation: 1,400m

Driving Duration: 30-45 Minutes

Meals: Breakfast

### Included Services

- Airport arrival and departure transfers by private vehicle.
- Warm welcome and trip briefing upon arrival in Kathmandu.
- 2 nights hotel accommodation in Kathmandu on a twin-sharing basis with breakfast.
- Guided Kathmandu city sightseeing and cultural exploration with private transportation.
- All ground transportation as per the itinerary.
- Private or shared tourist transportation from Kathmandu to Soti Khola.
- Local transportation from Dharapani to Besisahar and from Besisahar to Kathmandu.
- Accommodation in the best available teahouses and mountain lodges during the trek.
- Three meals a day (breakfast, lunch, and dinner) throughout the trekking period.
- Three meals a day (breakfast, lunch, and dinner) throughout the trekking period.
- Experienced government-licensed English-speaking trekking guide.
- Porter service (1 porter for every 2 trekkers carrying up to 20kg of luggage).
- Porter service (1 porter for every 2 trekkers carrying up to 20kg of luggage).
- Manaslu Restricted Area Permit (MRAP), Annapurna Conservation Area Permit (ACAP). and
- Manaslu Conservation Area Permit (MCAP).
- Annapurna Conservation Area Permit (ACAP).
- All required trekking permits and official documentation.
- Comprehensive first-aid medical kit carried by the guide.
- Trek completion certificate from Bridge Nepal Treks and Travels.
- All government taxes, local taxes, and service charges.
- 24/7 emergency support throughout the trip.

### Excluded Services

- International airfare to and from Nepal.
- Nepal entry visa fees.
- Travel insurance covering high-altitude trekking, medical treatment, and emergency helicopter evacuation.
- Lunch and dinner in Kathmandu.
- Entrance fees for Kathmandu sightseeing monuments and heritage sites.
- Personal trekking equipment and clothing.
- Sleeping bag, down jacket, trekking poles, and other personal gear (unless rented separately).
- Personal porter beyond the allocated baggage allowance.
- Personal expenses.
- Tips and gratuities for guides, porters, drivers, and hotel staff.
- Any services not specifically mentioned in the "Included" section.

## Fixed Departure Dates

- ||

## Frequently Asked Questions

### **Q: How difficult is the Manaslu Circuit Trek?**

The Manaslu Circuit Trek is considered a moderately challenging to strenuous trek. It involves long trekking days, remote mountain trails, and crossing the high-altitude Larkya La Pass (5,160m), making good physical fitness essential.

---

### **Q: What is the highest point of the trek?**

The highest point of the trek is Larkya La Pass at 5,160 meters (16,929 feet), one of Nepal's most spectacular Himalayan passes.

---

### **Q: Do I need previous trekking experience?**

Previous trekking experience is beneficial but not mandatory. Trekkers with good fitness, proper preparation, and a positive attitude can successfully complete the trek.

---

### **Q: What is the best time for the Manaslu Circuit Trek?**

Spring (March to May) and autumn (September to November) are the best seasons, offering clear mountain views, pleasant temperatures, and stable weather conditions.

---

### **Q: Why is the Manaslu Circuit Trek becoming popular?**

The trek offers stunning Himalayan scenery, authentic mountain culture, fewer crowds, and a remote wilderness experience compared to other trekking routes in Nepal.

---

### **Q: Is altitude sickness a concern during the trek?**

Yes. Since the trek reaches elevations above 5,000 meters, altitude sickness is a possibility. Proper acclimatization, hydration, and gradual ascent help reduce the risk.

---

### **Q: Why is an acclimatization day included in Samagaon?**

The acclimatization day helps your body adjust to higher elevations and improves your chances of crossing Larkya La Pass safely and comfortably.

---

**Q: What mountains can I see during the trek?**

The trek offers breathtaking views of Manaslu (8,163m), Himal Chuli, Ngadi Chuli, Ganesh Himal, Shringi Himal, Cheo Himal, Himlung Himal, Kang Guru, and Annapurna II.

---

**Q: What type of accommodation is available during the trek?**

Accommodation is provided in comfortable teahouses and mountain lodges along the trekking route, along with hotel stays in Kathmandu.

---

**Q: What kind of food is available on the trail?**

Teahouses offer a variety of meals including Dal Bhat, noodles, soups, fried rice, pasta, potatoes, eggs, pancakes, tea, coffee, and local specialties.

---

**Q: Is the Manaslu Circuit Trek a restricted-area trek?**

Yes. The Manaslu region is a restricted trekking area, and special permits are required to enter and trek through the region.

---

**Q: What permits are required for the trek?**

Trekkers require a Manaslu Restricted Area Permit (MRAP), Manaslu Conservation Area Permit (MCAP), and Annapurna Conservation Area Permit (ACAP).

---

**Q: Can I trek independently in the Manaslu region?**

No. Independent trekking is not permitted in the restricted Manaslu region. Trekkers must travel with a licensed guide and obtain permits through a registered trekking agency.

---

**Q: What is special about Samagaon?**

Samagaon is one of the most beautiful villages in the Manaslu region, offering stunning views of Mount Manaslu, traditional Tibetan culture, monasteries, and important acclimatization opportunities.

---

**Q: What makes Larkya La Pass special?**

Larkya La Pass is one of Nepal's most scenic mountain passes, offering spectacular views of glaciers, snow-covered peaks, and dramatic Himalayan landscapes.

---

**Q: How many hours do I walk each day?**

Most trekking days involve 5 to 8 hours of walking, depending on the terrain, altitude, and destination.

---

**Q: What should I pack for the trek?**

Essential items include trekking boots, warm clothing, a down jacket, gloves, a hat, sunglasses, trekking poles, a sleeping bag, rain gear, and personal medications.

---

**Q: Is Wi-Fi available during the trek?**

Wi-Fi is available in some villages, but connectivity is limited and may become unreliable at higher elevations.

---

**Q: Can I charge my electronic devices during the trek?**

Yes. Most teahouses provide charging facilities for an additional fee, especially in higher-altitude villages.

---

**Q: Is drinking water available on the trail?**

Yes. Drinking water is available throughout the route. Carrying a reusable bottle and water purification method is recommended.

---

**Q: Is travel insurance necessary?**

Yes. Comprehensive travel insurance covering high-altitude trekking, medical treatment, and emergency helicopter evacuation is strongly recommended.

---

**Q: Is emergency helicopter evacuation available?**

Yes. Helicopter rescue services are available in emergencies, subject to weather conditions and insurance coverage.

---

**Q: What fitness level is required for the trek?**

A moderate to high level of fitness is recommended. Regular hiking, walking, and cardiovascular training before the trek will greatly enhance your experience.

---

**Q: What makes the Manaslu Circuit Trek different from the Annapurna Circuit Trek?**

What makes the Manaslu Circuit Trek different from the Annapurna Circuit Trek?

---

**Q: What is the total trekking distance of the Manaslu Circuit Trek?**

The trek covers approximately 170-180 kilometers, depending on side hikes and acclimatization excursions.

---

**Q: Are guides and porters included?**

Yes. Professional government-licensed trekking guides and experienced porters can be arranged to ensure safety, comfort, and a more enjoyable trekking experience.

---

**Q: Are guides and porters included?**

Yes. Professional government-licensed trekking guides and experienced porters can be arranged to ensure safety, comfort, and a more enjoyable trekking experience.

---

**Q: Can the itinerary be customized?**

Yes. The itinerary can be tailored according to your schedule, interests, fitness level, and travel preferences.

---

**Q: What are the major highlights of the Manaslu Circuit Trek?**

Highlights include exploring remote Himalayan villages, experiencing authentic Tibetan culture, acclimatizing in Samagaon, witnessing spectacular views of Mount Manaslu, crossing Larkya La Pass, trekking through pristine mountain landscapes, and enjoying one of Nepal's most rewarding off-the-beaten-path adventures.

---

**Q: Is the Manaslu Circuit Trek suitable for solo travelers?**

Due to restricted-area regulations, solo independent trekking is not allowed. However, solo travelers can join a group or trek with a licensed guide arranged by a trekking agency.

---

**Q: Why choose Bridge Nepal Treks and Travels for the Manaslu Circuit Trek?**

Bridge Nepal Treks and Travels provides experienced local guides, seamless permit management, carefully designed itineraries, reliable logistics, comfortable accommodations, personalized service, and a strong commitment to safety, ensuring an authentic and unforgettable Himalayan adventure.

---

## Trip Information

- About The Trek
- 

**Bridge Nepal Treks & Travels**  
[www.bridgenepaltreksandtravels.com](http://www.bridgenepaltreksandtravels.com)

