



## Bridge Nepal Treks & Travels

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# Manaslu Circuit Trek and Annapurna Circuit Trek: Long trek in Nepal - 22 Nights and 23 Days | Best price and itinerary | Bridge Nepal Treks

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|-----------------|-----------------------|
| <b>Price</b>    | 2500.00               |
| <b>Duration</b> | 22 Nights and 23 Days |
| <b>Location</b> | Nepal                 |

### Tour Overview

#### 23-Day Manaslu & Annapurna Circuit Combined Trek - One of the longest and beautiful trekking trails

The 25-Day Manaslu and Annapurna Circuit Combined Trek is one of the most extraordinary long-distance trekking adventures in Nepal, designed for trekkers who want to experience the full spectrum of the Himalayas in a single journey. This route connects two legendary trekking trails—Manaslu Circuit and Annapurna Circuit—offering a rare combination of remote wilderness, ancient cultural heritage, spiritual landscapes, and two high Himalayan passes.

Your journey begins in Kathmandu with a warm welcome and cultural exploration before heading into the untouched Manaslu region. The trail follows the dramatic Budhi Gandaki Valley through deep river gorges, waterfalls, suspension bridges, and traditional mountain settlements. As you ascend through Jagat, Deng, Namrung, Lho, and Samagaon, the landscape transforms into a breathtaking world of alpine scenery and Tibetan-influenced culture.

A key highlight of the Manaslu section is the acclimatization day in Samagaon, surrounded by towering peaks and glacial landscapes. From here, the adventure continues through Samdo and Dharmashala before reaching the

ultimate challenge—crossing the spectacular Larkya La Pass (5,160m). This high mountain pass rewards trekkers with unforgettable panoramic views of snow-covered peaks, glaciers, and vast Himalayan valleys before descending to Bimthang and connecting into the Annapurna region.

After completing the remote Manaslu Circuit, the journey continues toward Dharapani and transitions into the world-famous Annapurna Circuit Trek. The trail gradually ascends through Chame, Upper Pisang, and Manang, offering incredible views of Annapurna II, Gangapurna, Tilicho Peak, and surrounding Himalayan giants. An important acclimatization day in Manang prepares trekkers for the high-altitude challenge ahead.

The route then continues through Yak Kharka and Thorong High Camp before reaching the legendary Thorong La Pass (5,416m)—the highest point of the entire journey. From the summit, trekkers descend toward the sacred pilgrimage site of Muktinath, before continuing through the Mustang region and returning to Pokhara.

This epic expedition concludes with a scenic drive or flight back to Kathmandu, followed by a farewell celebration, marking the successful completion of one of the most diverse and rewarding trekking experiences in Nepal.

This combined trek is perfect for adventure seekers who want to experience:

Two iconic trekking circuits in one journey

Remote Himalayan wilderness and busy cultural trails

Deep cultural immersion in Tibetan and Himalayan villages

Two high mountain passes above 5,000 meters

Constantly changing landscapes from lush valleys to alpine deserts

At Bridge Nepal Treks and Travels, we ensure expert guiding, well-planned acclimatization, safe logistics, and personalized service throughout the journey. This is not just a trek—it is a complete Himalayan transformation experience, combining nature, culture, challenge, and unforgettable adventure.

### **Trip Highlights**

- Cross two world-class Himalayan passes: Larkya La Pass (5,160m) and Thorong La Pass (5,416m)
- Start and end your adventure in Kathmandu, with full cultural and logistical support
- Trek through the remote and restricted Manaslu Conservation Area, one of Nepal's least crowded regions

- Explore the dramatic Budhi Gandaki Valley with rivers, waterfalls, cliffs, and suspension bridges
- Discover authentic Himalayan villages including Jagat, Deng, Namrung, Lho, Samagaon, Samdo, Manang, and Muktinath
- Experience deep Tibetan-influenced culture, ancient monasteries, prayer walls, and spiritual mountain traditions
- Witness breathtaking Himalayan peaks including Mount Manaslu, Himal Chuli, Annapurna II, Gangapurna, Tilicho Peak, and Dhaulagiri range
- Enjoy contrasting landscapes from lush green forests to high-altitude deserts and glacial valleys
- Acclimatization days in Samagaon and Manang for safe and enjoyable high-altitude trekking
- Visit sacred pilgrimage site Muktinath Temple, an important spiritual destination for everyone.
- Trek through both remote wilderness and popular Himalayan trekking trails in one continuous expedition
- Stay in traditional teahouses offering authentic local hospitality and mountain culture
- Perfect combination of adventure, culture, spirituality, and high-altitude challenge
- Professionally guided by Bridge Nepal Treks and Travels with expert safety management and personalized service
- A lifetime Himalayan journey designed for experienced trekkers seeking the ultimate Nepal trekking experience

## Detailed Itinerary

### Day 1: Arrival in Kathmandu (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: Drive to Machha Khola from Kathmandu (900m)

Drive Distance: Approx. 160–170 km

Drive Duration: 8–10 Hours

Accommodation: Teahouse / Mountain Lodge

After breakfast, begin a scenic drive from Kathmandu to Machha Khola, the starting point of the Manaslu Circuit Trek. The journey follows the Trishuli and Budhi Gandaki Rivers, passing through terraced farmlands, traditional villages, lush hills, waterfalls, and dramatic mountain landscapes. After driving through Arughat and Soti Khola, arrive at the peaceful riverside village of Machha Khola and prepare for the trekking adventure ahead.

#### **Day 4: Trek from Machha Khola to Jagat (1,340m)**

Trek Distance: Approx. 22 km

Trek Duration: 6–7 Hours

Accommodation: Teahouse / Mountain Lodge

After breakfast, begin your first day of trekking along the Budhi Gandaki River. The trail passes through beautiful forests, small villages, waterfalls, rocky paths, and several suspension bridges. Along the way, enjoy views of the river gorge and surrounding hills before gradually ascending to Jagat, a charming stone-paved village and the official entry point to the Manaslu Conservation Area.

#### **Day 5: Trek from Jagat to Deng (1,800m)**

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 6: 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 7: 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 8: Trek to from Lho 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 9: Acclimatization Day in SamagaonDay**

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 10: Trek from to Samdo (3,860m)**

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 11: Trek from to Dharmashala (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 12: Trek from Dharamshala, Cross Larkya La Pass (5,160m) and to Bimthang (3,590m)**

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 13: Trek from Bimthangnt to Dharapani (1,860m)**

Trek Distance: Approx. 21-24 km

Trek Duration: 7-8 Hours

Accommodation: Teahouse / Mountain Lodge

After breakfast, begin a scenic descent from Bimthang through beautiful rhododendron and pine forests, crossing rivers and traditional mountain settlements along the way. Enjoy magnificent views of surrounding Himalayan peaks as the trail gradually descends into the lush valleys of the Annapurna region. Passing through charming villages and peaceful woodlands, you will eventually reach Dharapani, where the Manaslu Circuit joins the famous Annapurna Circuit trekking route.

### **Day 14: Trek from Dharapani to Chame (2,670m)**

Trek Distance: Approx. 15-16 km

Trek Duration: 5-6 Hours

Accommodation: Teahouse / Mountain Lodge

After breakfast, continue your journey along the Annapurna Circuit trail, following the Marsyangdi River through dense pine and fir forests. The trail passes traditional villages, prayer wheels, and beautiful mountain landscapes while gradually ascending toward Chame, the administrative headquarters of the Manang District. Along the way, enjoy spectacular views of Annapurna II, Lamjung Himal, and surrounding snow-capped peaks.

### **Day 15: Trek from Chame to Upper Pisang (3,300m)**

Walking Duration: 5-6 Hours

Distance: Approximately 14 km

Today's trail passes through pine forests, traditional settlements, and dramatic landscapes. Enjoy magnificent views of Annapurna II, Pisang Peak, and surrounding Himalayan giants as you reach the culturally rich village of Upper Pisang.

Overnight: Teahouse in Upper Pisang Meals: Breakfast, Lunch, Dinner

### **Day 16: Trek from Upper Pisang to Manang (3,540m)**

Walking Duration: 6-7 Hours Distance: Approximately 17 km

Follow the spectacular upper route through traditional villages, ancient monasteries, prayer flags, and breathtaking viewpoints. The trail offers incredible views of Annapurna III, Annapurna IV, Gangapurna, and Tilicho Peak before arriving in the beautiful village of Manang.

Overnight: Teahouse in Manang

Meals: Breakfast, Lunch, Dinner

### **Day 17: Acclimatization Day in Manang**

Walking Duration: 3–4 Hours (Optional Hike)

To assist acclimatization, enjoy a short hike to nearby viewpoints overlooking Gangapurna Glacier and the surrounding peaks. Spend the remainder of the day exploring Manang, visiting local monasteries, bakeries, and cultural attractions while allowing your body to adapt to the altitude.

Overnight: Teahouse in Manang

Meals: Breakfast, Lunch, Dinner

### **Day 18: Trek from Manang to Yak Kharka (4,020m)**

Walking Duration: 4–5 Hours

Distance: Approximately 10 km

Leaving Manang behind, the trail gradually ascends through alpine landscapes and yak grazing pastures. The terrain becomes more rugged as you gain elevation and approach the higher reaches of the Annapurna Circuit.

Overnight: Teahouse in Yak Kharka

Meals: Breakfast, Lunch, Dinner

### **Day 19: Trek from Yak Kharka to Thorong High Camp (4,925m)**

Walking Duration: 4–5 Hours

Distance: Approximately 7 km

Today's journey follows a gradual ascent through barren mountain terrain. Cross suspension bridges and rocky paths before reaching Thorong Phedi, the base camp for the legendary Thorong La Pass crossing.

Overnight: Teahouse in Thorong Phedi Meals: Breakfast, Lunch, Dinner

### **Day 20: Trek from Thorang High Camp, Cross Thorong La Pass (5,416m) → Muktinath (3,710m)**

Walking Duration: 8–10 Hours

Distance: Approximately 15 km

Begin before dawn for the most challenging and rewarding day of the trek. Ascend steadily to Thorong La Pass (5,416m), one of the highest trekking passes in the world. From the summit, enjoy breathtaking panoramic views of the Annapurna and Dhaulagiri ranges before descending to Muktinath, one of Nepal's most sacred pilgrimage sites.

Overnight: Teahouse in Muktinath

Meals: Breakfast, Lunch, Dinner

### **Day 21: Drive to Pokhara via Jomsom**

Drive Distance: Approx. 170-180 km

Drive Duration: 7-9 Hours

Accommodation: Hotel in Pokhara

After breakfast, begin a scenic drive from Muktinath through the beautiful Mustang region. The journey passes through Kagbeni, Jomsom, Marpha, Tatopani, and Beni, following the world's deepest Kali Gandaki Gorge. Along the way, enjoy dramatic mountain views, traditional villages, apple orchards, and diverse landscapes ranging from high-altitude deserts to lush hills. Upon arrival in Pokhara, enjoy a relaxing evening by the lakeside after completing your Himalayan adventure.

### **Day 22: Drive/Fly to Kathmandu (1,400m) and farewell party**

Depending on your package preference, either take a scenic flight or drive back to Kathmandu. Upon arrival, enjoy free time for shopping, sightseeing, or relaxing before your departure.

Overnight: Hotel in Kathmandu

Meals: Breakfast

### **Day 23: Departure from Kathmandu and Farewell Day**

After breakfast, a representative from Bridge Nepal Treks and Travels will transfer you to Tribhuvan International Airport according to your flight schedule. Depart Nepal with unforgettable memories of the Annapurna Circuit Trek, Thorong La Pass, Muktinath, Poon Hill, and the magnificent Himalayas.

Meals: Breakfast

## **Included Services**

- Traditional Nepali welcome upon arrival at Tribhuvan International Airport
- Airport pick-up and drop-off by private tourist vehicle
- 3 nights hotel accommodation in Kathmandu (arrival + preparation + farewell)
- 1 night hotel accommodation in Pokhara (as per itinerary)
- All ground transportation as per itinerary (Kathmandu-Machha Khola and return routes)

- Local transport from Dharapani to Chame and onward connections
- Experienced licensed English-speaking trekking guide
- Choice of male or female trekking guide (subject to availability)
- Porter service (1 porter for every 2 trekkers, carrying up to 20–25 kg)
- All meals (breakfast, lunch, and dinner) during trekking days
- Accommodation in best available teahouses/lodges during the trek
- Manaslu Restricted Area Permit (MRAP), Manaslu Conservation Area Permit (MCAP), and Annapurna Conservation Area Permit (ACAP).
- Trekking route map and briefing session before departure
- First aid medical kit carried by guide
- All government taxes and service charges
- Emergency coordination and 24/7 support from Bridge Nepal Treks and Travels
- Farewell dinner in Kathmandu after trek completion
- Official trek completion certificate

### Excluded Services

- International airfare to and from Nepal
- Nepal entry visa fees
- Travel insurance (mandatory), including high-altitude trekking and helicopter evacuation
- Lunch and dinner in Kathmandu and Pokhara
- Personal expenses
- Tips for guides, porters, and drivers (recommended but not mandatory)
- Any services not explicitly mentioned in the “Included” section

### Fixed Departure Dates

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### Frequently Asked Questions

#### **Q: What is the 23-Day Manaslu & Annapurna Circuit Combined Trek?**

It is a once-in-a-lifetime Himalayan journey that combines two of Nepal’s most iconic trekking routes—Manaslu Circuit and Annapurna Circuit—offering remote mountains, rich culture, and two high Himalayan passes in a single adventure.

#### **Q: Where does this trek start and end?**

The trek starts and ends in Kathmandu, Nepal. You will arrive in Kathmandu, complete preparation, begin the trek, and return back to Kathmandu after the journey.

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**Q: How difficult is this combined trek?**

This trek is considered challenging to very challenging due to its long duration, high altitude, and two major passes above 5,000m. Good physical fitness and mental preparation are strongly recommended.

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**Q: What are the highest points of this trek?**

The two highest points are: Larkya La Pass (5,160m) in the Manaslu region and Thorong La Pass (5,416m) in the Annapurna region

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**Q: Do I need prior trekking experience?**

Prior trekking experience is not mandatory, but it is highly recommended. Beginners with excellent fitness and determination can also complete this trek with proper preparation.

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**Q: Is altitude sickness a risk on this trek?**

Yes, altitude sickness is a possibility because the trek crosses multiple high-altitude regions above 5,000 meters. However, proper acclimatization days in Samagaon and Manang help reduce the risk significantly.

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**Q: What is the best time to do this trek?**

The best seasons are: Spring (March to May) – clear skies and blooming rhododendrons and Autumn (September to November) – best mountain views and stable weather

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**Q: What kind of accommodation is provided?**

You will stay in local teahouses and mountain lodges along the trekking route. In Kathmandu and Pokhara, comfortable hotel accommodation is included.

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**Q: What meals are provided during the trek?**

Three meals a day (breakfast, lunch, and dinner) are provided during trekking days. Meals are freshly prepared at teahouses and include both Nepali and international dishes.

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**Q: Do I need permits for this trek?**

Yes, several permits are required: Manaslu Restricted Area Permit (MRAP), Manaslu Conservation Area Permit (MCAP), and Annapurna Conservation Area Permit (ACAP).

All permits are arranged by Bridge Nepal Treks and Travels.

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**Q: Is solo trekking allowed in the Manaslu region?**

No. The Manaslu region is a restricted area, and solo trekking is not allowed. You must trek with a licensed guide and registered trekking agency

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**Q: What kind of guide will accompany us?**

You will be accompanied by a licensed, experienced trekking guide. Both male and female guide options are available depending on your preference and availability.

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

On average, you will trek 5 to 8 hours per day depending on altitude, terrain, and distance covered.

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**Q: Is this trek suitable for beginners?**

It is not ideal for complete beginners due to its long duration and high altitude. However, fit and motivated beginners can complete it with proper preparation and guidance.

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

Essential items include trekking boots, warm clothing layers, down jacket, gloves, hat, sunglasses, trekking poles, sleeping bag, and personal medications. A detailed packing list is provided after booking.

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

Yes, but it is limited. Some villages offer Wi-Fi and mobile coverage, but connectivity becomes weak or unavailable at higher altitudes.

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**Q: What makes this combined trek special?**

It combines two legendary trekking circuits, two high passes, diverse landscapes, rich culture, and remote Himalayan wilderness—all in one continuous journey.

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**Q: Why choose Bridge Nepal Treks and Travels?**

We provide experienced local guides, safe trekking operations, personalized service, well-planned itineraries, and full support from arrival to departure, ensuring a smooth and unforgettable Himalayan experience.

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**Q: How do I book this trek?**

You can book directly through Bridge Nepal Treks and Travels via email, WhatsApp, or website contact form. Our team will guide you through the full booking process and preparation.

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**Trip Information**

- About The Trek
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