Sherpa Nomad Trek
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Manaslu and Annapurna Circuit Trek - 23 Days

MANASLU AND ANNAPURNA CIRCUITS TREK: 23 DAYS PACKAGE

The **Manaslu Circuit Trek** and **Annapurna Circuit Trek**, collectively known as the Manaslu Annapurna Circuit Trek, is a 23-day itinerary and package. This all-encompassing trek is ideal for those who aspire to experience two renowned high-pass treks in a single journey. It beautifully merges a restricted trek with a globally recognized trek. Experience the pristine beauty of the Manaslu conservation areas, beginning in Kathmandu with a picturesque drive, and set off on the Manaslu Circuit Trek, which leads you to Larke La Pass at 5106m. This breathtaking high pass provides spectacular views of the Manaslu and Annapurna regions. After crossing Larke La Pass, the trek descends to Dharapani, from where you can continue on to the world-famous Annapurna Circuit Trek. Did you know that the endpoint of the Manaslu Circuit is Dharapani, which is also the starting point for the Annapurna Circuit Trek? Yes, you can begin your journey on the renowned Annapurna Circuit Trek from Dharapani and immerse yourself in the stunning landscapes and mountain vistas of the Annapurna and Dhaulagiri ranges.

The 23-day epic trek through the high passes of the Manaslu and Annapurna Circuit offers an opportunity to experience stunning scenery along the tranquil trails of the restricted Manaslu trek. The Manaslu Circuit Trek is renowned for its purity and authenticity. This trek typically takes around 12 days to uncover the hidden gems of the region, which surrounds Mt. Manaslu (8163m), the eighth-highest mountain, along with Tibetan cultural villages and diverse natural landscapes. As you ascend to higher elevations, the scenery transforms dramatically compared to the lower altitudes. Reaching the Larke La Pass at 5,106 m, the highest point of the Manaslu Circuit Trek, offers breathtaking views of mountains and glaciers. After this stunning pass, you will enter the Annapurna Conservation Area, where magnificent mountains greet you with a warm welcome, and you will descend to Dharapani, experiencing the beauty of mountains, glaciers, pine forests, and cultivated farms along the way.

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The Manaslu Circuit Trek concludes in Dharapani, from where you will continue to Chame, Pisang, Manang, Yak Kharka, Thorong La Phedi, and finally Thorong La Pass at 5416m, the highest point of the Annapurna Circuit Trek. The views here are distinctly different from those of Manaslu, showcasing unique cultures, landscapes, mountain vistas, charming villages, and apple farms that evoke different feelings. On this trail, you will encounter more people than in the Manaslu section. The mountain views are stunning yet vary in shape from those of Annapurna, with the glacial lake of Gangapurna and glaciers visible during the Thorong La Pass. After crossing Thorong La Pass, you will witness the upper Mustang landscape, characterized by red rock formations, and in the distance, the Dhaulagiri range comes into view. Upon reaching Muktinath, you will experience a harmonious blend of culture, nature, and people. The Muktinath Temple serves as an iconic center for both Hindus and Buddhists. After visiting Muktinath, the trek continues to Jomsom via Lubra. The lifetime jounrey trip concludes in Kathmandu after Pokhara.

THE COST FOR MANASLU AND ANNAPURNA CIRCUIT TREK

The prices for the Manaslu and Annapurna treks range from $1800 to $2500 per person, depending on the size of the group. The 23-day Manaslu Annapurna Circuit Trek is a luxury package, ideal for those seeking a comprehensive experience. Trek costs vary based on group size, season, package type, service standards, duration, and other essential factors. Sherpa Nomad Trek Pvt. Ltd. offers the best packages at reasonable prices. The comprehensive package includes all services such as airport pickup and drop-off, luxury accommodations in Kathmandu and Pokhara, the finest teahouses in the mountains, mountain meals (breakfast, lunch, and dinner), a local expert guide, porter services, all necessary permits, private transportation, and flights as per the itinerary. Book the Manaslu and Annapurna Circuit Trek with us for top-notch service, reasonable pricing, impeccable hospitality, and authenticity. The package costs vary according to group size as follows:

- If you are traveling alone, the cost will be USD 2500.
- For a group of 2-6 people, the cost will be USD 1850 per person.

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- For a group of 7-10 people, the cost will be USD 1800 per person

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DETAILED ITINERARY

Day 1: **Arrival in Kathmandu (1350m): Transfer to Hotel in Kathmandu**

Day 2: **Drive from Kathmandu to Machha Khola (900m): 180km, 6-7 hours**

Day 3: **Trek from Machha Khola to Jagat (1410m):20km, 6-7 hours**

Day 4: **Trek from Jaget to Deng (1860m): 21km, 6-7 hours**

Day 5: **Trek from Deng to Namrung (2630m): 18km, 6-7 hours**

Day 6: **Trek from Namrung to Shyala (3500m): 17 km, 6-7 hours**

Day 7: **Hike to Pungen Gompa (4100m) from Shyala for 3 hours and Trek down to Sama (3550m): 2 hours: 12km**

Day 8: **Rest Day in Sama/ Manaslu Base Camp Hike (4800m): 13km, 8 hours**

Day 9: **Trek from Sama to Samdo (3800m): 6km, 2-3 hours**

Day 10: **Trek from Samdo to Dharmasala (4460m): 7km, 3-4 hours**

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Day 11: **Trek from Dharmasala to Bhimthang (3700m) via Larke La Pass-5106m: 18km, 7-8 hours**

Day 12: **Trek from Bhimthang to Dharapani (2000m): 20km, 6-7 hours**

Day 13: **Trek from Dharapani to Chame (2650m): 16km, 6hours**

Day 14: **Trek from Chame to Upper Pisang (3300m): 15 km, 5-6 hours**

Day 15: **Trek from Pisang to Manang (3440m) via Ghyaru (3700m) and Ngawal (3660m): 16km, 6-7 hours**

Day 16: **Rest Day in Manang / Hike to Ice Lake or Gangapurna Lake**

Day 17: **Trek from Manang to Yak Kharka (4000m): 10 km, 4 hours**

Day 18: **Trek from Yak Kharka to Thorong La Phedi (4460m): 7 km, 4hours**

Day 19: **Trek from Thorong La Phedi to Muktinath (3700m) via Thorong La Pass-5416m): 15km, 7-8 hours**

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Day 20: **Trek from Muktinath to Jomsom (2743m) via Lubra Village: 20km, 6-7 hours**

Day 21: **Flight/ Drive to Pokhara**

Day 22: **Pokhara to Kathmandu flight**

Day 23: **Departure**

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PRICE INCLUDES

- International Airport Pick-up and Drop-off
- 2 Nights Deluxe Hotel in Kathmandu, Ramada Encore
- Kathmandu to Machhe Khola by Private Jeep
- 19 nights Mountain Accommodation in the best Lodge during the Trek
- One Night Accommodation in Pokhara at Hotel Middle Path
- Mountain meals (Breakfast, Lunch, & Dinner)
- 3 Cups of Tea or coffee every day in the Mountain
- Organic Fresh Fruit, Nuts, Energy Bar every Day in the Mountain
- A professional, ethical English-Speaking Guide certified by the Nepal Government
- A porter will be provided for the 2 trekkers, max weight 18 to 20 kg in total
- All the required permits and formalities (MCAP, Manaslu Special Permit, ACAP, and Local regional Fees)
- First Aid service and all the required equipment.
- Trekking gears such as a map, a duffel bag, & a sleeping bag
- Government Tax and official Fees.
- Guide and Porter's Salary, Meals, Insurance, Trekking Gears, and Accommodation
- Jomsom to Pokhara by plane
- Pokhara to Kathmandu by Plane
- Farewell Dinner after the trip is completed in Kathmandu
- Baggage storage facility
- Wifi, Hot Shower, & Battery charge in the Mountain

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PRICE EXCLUDES

- Nepal Visa Fees (USD 30 for 15 Days, USD 50 for 30 days, USD 125 for 90 Days) - You can obtain an on-arrival visa at Kathmandu Airport.
- International Flight fare
- Travel insurance for clients is recommended for safety purposes
- Lunch and Dinner in Kathmandu
- Extra drinks (Drinking Water, Hot, cold, and hard Drinks)
- Extra days accommodation and activities
- Chitwan Safari Tour: 2nights/3 Days: USD180 per person
- Kathmandu sightseeing: 6-7 hours: USD80 per person
- Tips for Guide, Porter, and Diver
- Personal expenses
- All the personal Trekking Gears
- Extra day in the mountains: USD90 per person
- Extra day in Kathmandu: USD 90 for single and USD 110 for double/Twin Rooms per room.

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EQUIPMENT & GEAR

Backpack

- 20–30 L daypack and Rain cover
- Dry bags or zip-lock bags for electronics and clothes

Clothing

- 2–3 moisture-wicking T-shirts
- 1–2 long-sleeve hiking shirts
- 2 pairs of trekking pants
- Thermal top and bottom (for cold mornings/nights)
- Fleece jacket & Lightweight down jacket
- Waterproof and windproof jacket
- Waterproof pants (especially during the monsoon)
- 2–3 pairs of quick-dry underwear
- 2–3 pairs of trekking socks
- Warm sleeping socks

Footwear

- Broken-in waterproof trekking boots
- Lightweight sandals or camp shoes
- Optional gaiters (rainy or snowy season)

Head & Hands

- Sun hat or cap, & Warm beanie

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- Buff or neck gaiter & Lightweight gloves

Sun Protection

- UV-protection sunglasses
- Sunscreen (SPF 30+)
- Lip balm with SPF

Sleeping

- Sleeping bag (-5°C to -15°C is sufficient for most seasons; many teahouses provide blankets)
- Sleeping bag liner (optional)

Water & Food

- Reusable water bottles (1.5–2 L total)/ Tharmas
- Water purification tablets or a filter
- Energy bars, nuts, or trail snacks

First Aid & Toiletries

- Personal medications, Blister treatment (e.g., Compeed or moleskin)
- Pain reliever, Bandages, and antiseptic wipes
- Toothbrush and toothpaste, Hand sanitizer
- Wet wipes, Quick-dry towel & toilet paper
- Soap or Shampoo for Shower and laundry

Electronics

- Headlamp with spare batteries
- Power bank (10,000–20,000 mAh)

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- Phone charger & Camera (optional)

Trekking Accessories

- Trekking poles (highly recommended for the long stair sections)]
- Pocket knife (optional)
- Notebook or guidebook (optional)
- Micro Spikes `

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