Sherpa Nomad Trek
Thamel Marg, Kathmandu, Nepal
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Manaslu Circuit Trek - 16 Days

MANASLU CIRCUIT TREK -16 DAYS PACKAGE

The **Manaslu Circuit trek** is a well-known trekking route located in the diverse Manaslu region, recognized as one of Nepal's protected areas. The trek derives its name from the fact that it encircles **Mt. Manaslu, which rises to 8,163 meters**, ranking as the eighth-highest mountain globally. Offering a wealth of natural beauty, captivating scenery, cultural richness, impressive mountain vistas, and thrilling experiences, the Manaslu Circuit trek stands out as a top choice for adventure seekers and nature lovers. The Manaslu Circuit Trek is an exceptional off-the-beaten-path journey in Nepal, offering an immersive experience of rich Tibetan culture, pristine natural diversity, and the untouched beauty of both culture and nature. This 16-day trek allows you to visit key attractions such as **Pungen Gompa, Manaslu Base Camp (4800m), and the Tibetan border**, which are highlights of the Manaslu Circuit. Alongside **Annapurna Base Camp**, **Annapurna Circuit Trek**, and **Everest Base Camp Trek**, the Manaslu Circuit is one of Nepal's premier trekking destinations. The trek can be completed in 10 to 21 days, depending on your starting point and exploration preferences. Discover breathtaking landscapes, monasteries, waterfalls, soaring mountains, glaciers, diverse vegetation, and the mesmerizing Himalayan terrain. This journey encircles the world's eighth-highest mountain, revealing stunning vistas that are unlike any you've encountered before.

For the best service, safety, security, luxury, and comfort, book the **16-day Manaslu Circuit Trek** with **Sherpa Nomad Trek Pvt. Ltd.**, where you will experience flexibility, impeccable hospitality, and authenticity. Among the numerous options available, the 16-day Manaslu Circuit trek offered by Sherpa Nomad Trek Pvt. Ltd. stands out for its comfort, comprehensiveness, and reasonable pricing, all led by local professional guides and experts. You will receive exceptional service at an affordable cost. If this luxury package does not suit your preferences, do not hesitate to join us; we are here to customize your package according to your desires. We guarantee that our level of flexibility, safety,

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and responsible team is unmatched. This is your chance to take advantage of a special package for the **Manaslu Circuit Trek**.

MANASLU CIRCUIT TREK COST FOR 2026-2027

The price for the comprehensive 16-day Manaslu Circuit Trek package starts at $1300 and can increase to $1600 per person with Sherpa Nomad Trek Pvt. Ltd. This package provides exceptional services, including private transportation, a four-star hotel in Kathmandu, a local guide, porter support, mountain meals, private rooms in the mountains, and all necessary permits and formalities. If you are seeking a luxurious 16-day Manaslu Circuit Trek package, it offers top-notch services at a reasonable price. While the cost may seem high, considering the quality of service, flexibility, and safety, it is quite reasonable. The trip cost can vary based on service level, duration, group size, season, and facilities. The pricing for the Manaslu Circuit Trek varies according to group size as follows:

- For solo trekkers, the cost of the Manaslu Circuit trek is USD 1600.
- For groups of 2-6 people, the Manaslu Circuit Trek cost is USD 1400 per person.
- For groups of 7-10 people, the Manaslu Circuit Trek cost is USD 1300 per person

16 DAYS MANASLU CIRCUIT TREK HIGHLIGHTS

- Experience the pristine beauty of the Manaslu Conservation Areas.
- Immerse yourself in the cultural and natural wonders of the Restricted Areas Trek.
- Observe the rich flora, fauna, and diverse vegetation.
- Marvel at the gigantic waterfalls and breathtaking landscapes.
- Visit Tibetan villages, monasteries, and enjoy exceptional hospitality.
- Discover Pungen Gompa, the ancient monastery located beneath Mt. Manaslu (8163m).

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- Trek to Manaslu Base Camp (4800m), the starting point for expeditions at the foot of Mt. Manaslu.
- Explore Birendra Lake, a stunning glacial lake surrounded by rugged terrain.
- Traverse the Tibetan border via Rui La Pass (5000m).
- Cross Larke La Pass (5106m), the spectacular high pass connecting the Manaslu and Annapurna ranges.
- Breathtaking mountain vistas of the Manaslu, Ganesh Himal, and Annapurna ranges
- Discover one of the most beautiful trekking routes in Nepal
- Experience the stunning landscapes that these majestic peaks offer

IMPORTANT NOTES

- Travel insurance is mandatory for this trek; without the insurance, your permit will not be issued
- The Manaslu Circuit Trek in Nepal requires at least four permits before embarking on the journey.
- It is necessary to collaborate with a local company to obtain these permits, and hiring a guide is compulsory.
- Under the new regulations, individuals can now travel solo without the need to join a group.
- This trek, which is less frequented by tourists, is advised to include a porter for a more comfortable experience.
- It is strictly forbidden to harm any animals during the trek.
- Maintain a slow walking pace and ensure you stay hydrated throughout the trek.
- Proper preparation is essential, including the right trekking gear and physical conditioning.
- When mules and local porters arrive, ensure you give them ample space and prioritize safety.

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- Alcohol is not recommended above 3000m; you might drink at the lower elevation after the Larke La Pass.
- It is important to offer gratuities to your guide, porter, and driver
- Please always ask for permission before photographing local people.
- After the booking confirmation, free cancellation is not permitted, but we are happy to reschedule your trip.
- In the event of bad weather that prevents you from completing the trip, we will provide alternative options within the same time frame.
- Once the trip has commenced, we are unable to issue refunds; however, we will offer you other activities that cover the remaining costs.

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DETAILED ITINERARY

Day 1: Arrival in Kathmandu (1350m): Transfer to Hotel Ramada Encore Thamel

Welcome to Nepal with Sherpa Nomad Trek Pvt. Ltd, where you will discover the hidden beauty of the Manaslu Circuit trek. This trail is often overlooked in Nepal, yet it offers stunning nature, rich culture, and breathtaking topography. The Manaslu Circuit trek stands out as the premier experience, surpassing even the Everest Base Camp and Annapurna Circuit treks. Upon your arrival at Tribhuvan International Airport in Kathmandu, you will be greeted by our airport representative at the arrival gate, identifiable by a company banner displaying your name. Our team will welcome you in traditional Nepali style, and then you will be driven to your hotel, which takes approximately 20-30 minutes, allowing you to take in the vibrant life of Kathmandu city. You will check in at the Ramada Encore, a top-rated 4-star hotel that offers a luxurious stay complete with a swimming pool, breakfast, and modern amenities. After resting, you can visit our office to finalize your trip details, including gear, payment, and to meet your guide who will accompany you on the Manaslu Circuit trek. Following this meeting, you are free to explore Thamel, one of Nepal's premier tourist hubs, before spending the night in Kathmandu.

Day 2: Kathmandu to Machhe Khola (930m): 6-7 hours by Jeep

Today, you will be traveling to the trailhead at Machha Khola (900m) from Kathmandu (1350m), which is approximately 160 km away and situated alongside the renowned Budi Gandaki River. Your journey begins after breakfast at 8:30 am, departing from your hotel in a private Jeep. Did you know that a private Jeep is one of the best transportation options for this trek? Indeed, there are two choices to reach the trailhead: a bus for budget travelers and a private Jeep for those seeking luxury and comfort. The private Jeep is comparatively faster, more comfortable, and offers greater flexibility than the public bus, which makes numerous stops to pick up new passengers and has less

comfortable seating due to its congested arrangement. Leave behind the hustle and bustle of Kathmandu Valley and proceed along the Prithvi Highway to Malekhu, where you will cross the Malekhu Bridge over the Trishuli River and continue your journey to Dhading Besi, Arughat, Arkhet, and finally Machha Khola. This journey offers breathtaking views of mountains, villages, terraced fields, river valleys, rolling green hills, waterfalls, jungles, and stunning landscapes. The scenic drive lasts about 6-7 hours, with paved roads leading up to Sallentar, after which the road becomes unpaved for approximately 1.5 hours. During the drive, we will stop for lunch and take breaks at pleasant spots along the way. Machha Khola, an ancient trade route, offers numerous lodges for trekkers. It is a Gurung village named after the fish that can be found in the stream. Explore this beautiful village, enjoy the calming sounds of nature, and spend the night in this lower valley of Manaslu.

Day 3: Trek from Machhe Khola to Jaget (1410m): 6-7 hours

Begin your Manaslu circuit trek from Machha Khola after enjoying breakfast at 7:30 am. Leave your large bag for the porter and prepare a small day pack of about 25-45 liters. Depart from Machha Khola, cross the Machha Khola River, and follow the deep Budi Gandaki River towards the next village, Khorla Besi, Tatopani (Natural Hot Spring), and Dovan, while experiencing stunning waterfalls and landscapes. Cross the suspension bridge and take the trekking path to Dovan village, then trek to Ekle Bhatti Salleri, where you will stop for lunch. After Lunch, continue your trek to Yaru Phant and then reach Jagat village (1410m). Today, you will cross numerous suspension bridges and visit beautiful local villages along the Budi Gandaki River and its surroundings. You will need to walk for 6-7 hours, covering a distance of 20 km, but the trail is easy and scenic. Upon reaching Jagat village, explore the beautiful waterfall, and if you wish, you can swim in the cold natural spring water. Enjoy dinner and spend the night listening to the sounds of the Budi Gandaki River.

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Day 4: Trek from Jagat to Deng (1860m): 6-7 hours

Embark on a continuous trek into the Manaslu region and its restricted areas. Jagat village serves as the gateway to both the Manaslu and Tsum Valley, which require special permits to access this stunning Himalayan landscape. After completing registration and enjoying breakfast, set off towards Deng Village along the Budi Gandaki River. Today, you will pass through the charming villages of Salleri, Filim, Chisapani, Nyak Phedi, and Pewa before arriving at your final destination for the day, Deng (1860m). Follow the trail of the Manaslu Circuit Trek and reach Salleri village after a 30-minute journey. Beyond Salleri, you will be greeted by breathtaking mountains (Chamar Peak, 7165 m, of the Ganesh Himal Range) and deep valleys. After trekking for two hours, cross the Budi Gandaki River via a suspension bridge and ascend uphill for 20 minutes to reach Filim village, where you will need to register your permits. Continue trekking for 40 minutes to arrive at Chisapani, where you will stop for lunch.

Following lunch, we continue our trek and reach another long waterfall after a 30-minute walk. The trail runs along the river and leads us to the meeting point for the Tsum Valley and Manaslu Circuit Trek. If you continue in the same direction (northeast), you will arrive at the Tsum Valley; however, we are heading towards the Manaslu Circuit Trek, which requires crossing the Budi Gandaki River via a suspension bridge (to the northwest) to reach Nyak Phedi. We will then continue our walk to Pewa and then to Deng, where we will spend the night. The distance from Jagat to Deng Village is 20 km, which takes approximately 6-7 hours to walk. The highlights of the day include stunning landscapes, charming villages, the beautiful Budigandki Valley, and the mountains of Chamar and other peaks, as we cross the suspension bridge.

Day 5: Trek from Deng to Namrung (2630m): 6 hours

As is customary, we have breakfast, pack our bags, and begin the day with great energy, eager to explore new experiences that we have never encountered before. Depart from Deng and proceed

towards Rana Village by descending, crossing the suspension bridge, and then ascending to Rana Village, which takes approximately 45 minutes. Here, you will be able to see the Manaslu range and the village. Afterward, continue your trek to Bhi Village, crossing more suspension bridges, and then descend along the trail to Ghap Village (2200m), where we will pause for lunch. Next, trek through the jungle, cross another suspension bridge, and walk through the pine forest uphill to Namrung Village. Before reaching Namrung, you will encounter an apple orchard where you can enjoy fresh juice, apple pie, and breathtaking views of the Gorkha Himal and Buddha Himal mountains. The distance from Deng to Namrung is 19 km, which takes about 6-7 hours and offers more mountainous terrain and pine forests than the previous day.

Day 6: Trek from Namrung to Shyala (3500m): 6 hours

Savor the morning mountain vistas as the sun rises over Syaula Peak, complemented by the breathtaking landscape. Visit the monastery and enjoy breakfast before continuing your trek. Follow the path along the Budhigandak River, passing through Shi, Sho, and Lho, ultimately reaching Shyala Village (3500m). The distance covered is 17km, which typically takes 6-7 hours of walking. Today marks your entry into the upper region of Manaslu, where the trail becomes more gradual after Sho Village. Upon reaching Sho Village, you will be greeted by views of the Ganesh Himal range, Hiuchuli, Syaula Peak, and Naike Peak. The picturesque Tibetan village, adorned with ancient monasteries, pine forests, and mountain scenery, ensures that every step of your journey is filled with joy. As you approach Lho Village, you will be treated to stunning views of Manaslu (8163m), the eighth highest mountain in the world. Stop for lunch in Lho Village, where you can enjoy the magnificent mountain and valley views, then explore the monasteries before trekking to Shyala Village through the pine forest and mountain landscape. The first stage of the journey involves descending to the river, followed by an ascent to Shyala Village via dense pine forests. Shyala Village is one of the most scenic spots on the Manaslu Circuit Trek, offering deep cultural immersion and panoramic views of the mountains, including Manaslu, Naike Peak, Syaula Peak, Nagdi Chuli,

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Hiuchuli, and others. Enjoy your time, and if the weather permits, you may witness a breathtaking sunset over the Manaslu range.

Day 7: Trek from Shyala to Sama Gaun (3550m) via Pungen Gompa (4000m): 6 hours

Awaken early to experience the invigorating morning breeze and admire the stunning sunrise over the majestic mountains surrounding you. Relish this beautiful moment and capture it as a precious memory for your loved one before indulging in breakfast. After your meal, head towards Pungen Gompa, the historic monastery located at the base of Manaslu (8163m) and Nagdi Chuli (7871m). The trek ascends through a pine forest, gradually leading you closer to the Morine and Pungen glaciers, all while being enveloped by awe-inspiring mountain scenery and verdant valleys. As you navigate the glacier and cross grassy patches, you might be lucky enough to encounter mountain goats, yaks, and Himalayan thar. In spring, the area bursts with colorful flowers, while autumn reveals lush green landscapes. Each step of the hike unveils mesmerizing mountain views that exceed your wildest dreams. Upon arriving at the tea house, the trail levels out and becomes more manageable, with the trek taking roughly three hours to reach Pungen Gompa. This hike is renowned for its breathtaking views and is excellent for acclimatization. Take the opportunity to explore the remarkable landscapes, mountain vistas, glaciers, and peaks before making your way back to Sama Gaun via the descending trail. The return trip also takes about 2-3 hours, so be sure to bring at least 2 liters of water, some snacks, and energy bars. Sama Gaun is one of the largest Tibetan villages in the Manaslu region, providing insight into the ancient traditions of the local community. It serves as a perfect base for hiking to Manaslu Base Camp (4800m), visiting nearby villages, and discovering Birendra Lake and various monasteries.

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Day 8: Rest Day in Sama Gaun: Option for Manaslu Base Camp (4800m): Hike: 7-8hours

Today is a rest day in Sama Gaun, and you have several options for activities. If you're feeling tired, you can visit Birendra Lake, which offers breathtaking views reflecting Mount Manaslu (8163m). You can also explore the gompa and the surrounding village. However, if you still have good stamina and the weather is favorable, you might consider hiking to Manaslu Base Camp (4800m). This hike takes approximately 7-8 hours and leads you to the best vantage point for the entire Manaslu and Ganesh Himal ranges, as well as Birendra Lake and Sama Gaun. This trek is thrilling and adventurous, featuring a glacier and a steep ascent along the trail. Once you reach Manaslu Base Camp, you'll experience a true paradise with stunning views. After enjoying the close-up sights of Manaslu, you will return to Sama Gaun via the descending trail. Please remember to pack lunch, sufficient water, a medical kit, and microspikes. Afterward, head back to your hotel and take some time to rest.

Day 9: Trek from Sama Gaun to Samdo Village (3800m): 3 hours: Option for Hike to Samdo Ri

Today is a short and easy day on the Manaslu Circuit trek. You will be ascending to a similar elevation from Sama (3550m) to Samdo village (3800m), with a trek duration of 2-3 hours along a gentle path along the Budi Gandaki river. Start your day with breakfast at the hotel and prepare for the trek to Samdo. As you progress, the greenery will gradually become drier, and the mountains will appear larger and closer. Follow the tranquil trail and take in the stunning views of the surrounding snow-capped peaks. Upon reaching Samdo village, enjoy lunch, and after your meal, you can opt for a hike to Samdo Ri if you are interested, which is excellent for acclimatization. You may also encounter the Himalayan Tahr. Return to the hotel for an overnight stay.

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Day 10: Explore to Tibetan Border via Rui La Pass (5000m): 7-8 hours: Stay at Samdo Village

Today marks an exhilarating day as we embark on a hiking adventure to the Tibetan border via the Rui La Pass (5000m). We will explore the breathtaking Himalayan landscape, including its diverse flora and fauna, as well as the magnificent mountain views and the Tibetan Plateau. The entire journey will take approximately 6-7 hours for a round trip, making it ideal for appreciating the stunning scenery and for acclimatization. This trek is considered one of the essential activities in the Manaslu Circuit and serves as a fantastic side trip. Afterward, we will return to Samdo to spend the night. Please remember to bring sufficient water, a packed lunch, medical kits, warm clothing, and microspikes.

Day 11: Trek from Samdo to Dharmasala (4460m): 3-4 hours

Today is yet another exciting day as you walk along the glacier, enjoying the spectacular mountain views of Manaslu and other peaks. You might see marmots, mountain goats, Himalayan tahr, and more. The journey lasts 3-4 hours, with lunch at Dharmasala (4460m), where you will spend the night. If you have some free time, you can hike around, which is great for photography and acclimatization. Please keep in mind that Dharmasala is a very rustic place, and you will need to share a room with fellow trekkers.

Day 12: Trek from Dharmasala to Bhimthang (3700m) via the Larke La Pass-5106m: 7-8 hours

Rise early at around 4:00 am, enjoy breakfast by 4:30 am, and commence your trek at approximately 4:45 am. Trekking early is advantageous for optimal views, favorable weather conditions, and reduced wind. The journey from Dhamasala to the Larke La Pass, which stands at

5106m, takes about 3-4 hours and offers breathtaking views of glaciers and majestic mountains. If you reach the Larke La Pass at sunrise, you will be rewarded with stunning sunrise vistas, creating an unforgettable experience. This day hike is both challenging and exhilarating. The views from the summit of Larke La Pass, the highest point of the Manaslu Circuit trek at 5106m, are indescribable; it is something you must witness firsthand. After reaching the summit, you will descend to Bhimthang (3700m), a trail that takes around 3-4 hours, showcasing the Annapurna Range, the beautiful Punker Lake, and Mt. Manaslu along the way. Bhimthang is an ideal spot to spend the night, nestled beneath the Manaslu and Nagdi mountains. Stay at a lodge to celebrate your achievement. Keep in mind that you will need to cover 18km, which will take approximately 7-8 hours. Also, remember to bring sufficient water, a medical kit, microspikes, and energy bars.

Day 13: Trek from Bhimthang to Goa (2500m): 5-6 hours

Today, you find yourself in the Annapurna Conservation Area, surrounded by the breathtaking pine and rhododendron forests, as well as the magnificent peaks of Annapurna and Manaslu. The trek primarily involves a descent through the glacier and pine forest, concluding at the tranquil elevation of 2400m in Goa Village. This serene village, home to the Gurung community, offers a delightful opportunity to enjoy a hot shower and rest comfortably.

Day 14: Trek from Goa to Tilche (2250m) and drive to Besisahar (700m): 5-6 hours

Today marks the easy day of the Manaslu Circuit Trek. You can embark on a short trek to Tilche (2300m) for about 1-2 hours, followed by a 3-4 hour jeep ride to Besisahar. This journey showcases the breathtaking Marsyangdi River Valley and requires permits; you will check out at Dharapani, the starting point of the renowned Annapurna Circuit trek. Although the drive may not be particularly comfortable, the views are spectacular, featuring waterfalls, villages, diverse terrain, and rolling green mountains. Spend the night in Besisahar and take the time to explore the city.

Day 15: Besisahar to Kathmandu by Car/ Jeep

Today marks the day for a scenic drive from Besisahar to Kathmandu, covering a distance of 175 km, which takes approximately 5-6 hours. This journey offers breathtaking views of lush green hills, river valleys, and charming villages. We will take a break for lunch by the riverside before continuing our drive to Kathmandu, where we will check in at the luxurious Hotel Ramada Encore in Thamel. You will have some free time to shop for beautiful gifts for your loved ones from Nepal. This evening, Sherpa Nomad Pvt. Ltd. will host a farewell dinner, during which you can provide feedback on our services and suggest any areas for improvement. We understand that this trip is not just a journey; it is a once-in-a-lifetime experience, and we are committed to delivering the highest quality service in every situation. Our company is renowned for organizing challenging treks while providing comfortable services even in the most remote areas. We sincerely thank you for your trust, and we hope to see you again in Nepal, as one adventure is never enough in this beautiful country.

Day 16: Departure

Today marks the conclusion of the Manaslu Circuit trek in Kathmandu. The time has flown by, and we are here to bid you farewell. According to your departure schedule, we will assist you with your airport transfer and present you with a certificate, along with a khada for blessings towards a joyful life. Wishing you a safe journey, and we look forward to welcoming you back in the future.

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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
- 13 nights Mountain Accommodation in the best Lodge during the Trek
- 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
- Tilche to Kathmandu by Private Transportation
- Farewell Dinner after the trip is completed in Kathmandu
- Baggage storage facility
- Wifi, Hot Shower, & Battery charge in the Mountain

PRICE EXCLUDES

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- 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 Mountain: USD90 per person
- Extra day in Kathmandu: USD90 for single and 110$ for Double /Twin Room 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)

- Phone charger & Camera (optional)

Trekking Accessories

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

ADDITIONAL INFORMATION

Why Trek the Manaslu with Sherpa Nomad Trek?

Sherpa Nomad Trek Pvt. Ltd. is the foremost local company specializing in the Manaslu Circuit trek. Our professional team guarantees that the package you choose is well-coordinated, providing flexibility and a comfortable, slow-paced experience at a very reasonable cost. Here are the essential reasons why our Manaslu package should be your top choice for a lifetime journey to the Manaslu Circuit Trek.

- The 16-day Manaslu Circuit trek is ideal for those who wish to immerse themselves in the pristine beauty of Manaslu and uncover its hidden treasures at a leisurely pace.
- Our package includes complimentary airport pick-up and drop-off services, along with a secure bag storage facility, so you won't need to carry everything to the mountains.
- Enjoy luxury accommodation in Kathmandu for two nights: one night before your trek and another night after.
- You will receive a complimentary private jeep transfer from Kathmandu to Machhe Khola, the starting point of the Manaslu Circuit Trek.

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- Throughout the trek, you will be provided with full board meals, including breakfast, lunch, and dinner.
- We will serve you three cups of tea or coffee each day while in the mountains.
- The package is designed to offer the best amenities available along the journey route.
- The Manaslu Circuit trek is guided by a professional local guide who speaks English and is trained and certified by NATHAM.
- For every two clients, a porter will accompany you throughout the Himalayan journey, ensuring a comfortable experience.
- This trek promises an unforgettable adventure, combining breathtaking scenery with exceptional support.
- Each day, you will receive organic fruits, nuts, and energy bars for your mountain trekking.
- Trekking gear such as jackets, sleeping bags, and duffel bags will be provided for your trip and should be returned afterward.
- All necessary permits will be arranged, along with excellent logistical support for the journey.
- You will be driven back to Kathmandu from Tilche using private transportation.
- The cost of the package is very reasonable considering the services we provide.
- Our company prioritizes safety and security, offering quality service and exceptional customer care.
- We are well-suited for challenging treks, ensuring a memorable experience.
- The booking process is straightforward, with multiple payment options available for your convenience.
- Enjoy a hassle-free adventure with our comprehensive support throughout the trip.
- Trust us to deliver an unforgettable trekking experience tailored to your needs.

Why is the Manaslu Circuit Trek a must-do?

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The **Manaslu Circuit Trek** is the leading trekking route alongside the **Everest Base Camp Trek**, **Annapurna Circuit Trek,** and **Langtang Valley Trek** in Nepal, situated within the Manaslu Conservation Area, which is protected under the Tsum Numbri restricted areas. This trek offers an immersive wilderness experience, rich cultural engagement, and abundant natural beauty, including Tibetan Buddhism, diverse flora, and fauna. You will encounter a range of climates, from subtropical to glacial, and experience the lifestyles of local ethnic groups, their culinary traditions, and breathtaking landscapes that are hard to articulate. It is essential to join this trek and witness the diversity and uniqueness through your own experiences. The Manaslu region is home to the world's eighth-highest mountain, Mt. Manaslu, which stands at 8163 meters and is locally referred to as Kutang, Kang Pungyen, and Pung Gyen. The trek encircles the entire Manaslu range, providing expansive views of the Annapurna Ranges after crossing the Larke La Pass at 5106 meters, the highest point of the **Manaslu Circuit Trek**. This trek is a must-do for those seeking a comprehensive trekking experience that encompasses culture, natural beauty, and stunning mountain vistas from the best viewpoints, including hikes to Pungen Gompa, **Manaslu Base Camp**, and crossing the Larke La Pass for breathtaking views of mountains, lakes, glaciers, and landscapes. It is a moderately difficult trek, making it suitable for both novice and experienced trekkers; however, a reasonable level of fitness is required, along with warm clothing, trekking poles, and microspikes. If you wish to witness stunning waterfalls, embark on a wilderness trek, and travel with a local guide to learn about Nepal's cultural diversity, the Manaslu Circuit Trek promises a lifetime experience.

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FREQUENTLY ASKED QUESTIONS

1. What is Manaslu Circuit Trek?

The Manaslu Circuit trek is a lesser-known yet classic trekking route in Nepal. It ranks among the most sought-after treks, offering rich natural beauty and cultural diversity. This trek typically spans 12 to 22 days, depending on the itinerary. It is located in one of the most protected areas of Nepal. Solo trekkers are prohibited, and a local guide or agency is required to undertake the Manaslu Circuit trek. The journey begins in Kathmandu, followed by a scenic drive to Machhe Khola, and then the trail leads to Manaslu, Larke, and concludes in Dharapani. From Dharapani, trekkers return to Kathmandu by vehicle. The Manaslu Circuit Trek can be combined with the Tsum Valley Trek for an additional 7 days, with Nar Phu for 8 extra days, or with the Annapurna Circuit Trek for 7 additional days. Sherpa Nomad Trek Pvt. Ltd. is the premier local company for the Manaslu Circuit Trek, ensuring an exceptional trekking experience.

2. How Difficult is the Manaslu Circuit Trek?

The Manaslu Circuit Trek is regarded as a trek of moderate to challenging difficulty, primarily due to its lengthy walking days, remote landscapes, steep climbs, and high elevation. The trek's highest point is Larkya La Pass, which stands at 5,106 meters, where the altitude and variable weather conditions can make the crossing quite challenging. Trekkers are advised to maintain good physical fitness and be prepared to walk approximately 6–8 hours daily on uneven mountain paths. Adequate acclimatization is crucial to minimize the risk of altitude sickness. While having prior high-altitude trekking experience is beneficial, beginners who are physically fit, well-prepared, and maintain a steady pace can successfully navigate the Manaslu Circuit with the assistance of a qualified guide.

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3. Is the Manaslu Circuit Trek suitable for beginners?

The Manaslu Circuit Trek is generally not regarded as the ideal option for absolute beginners, as it entails lengthy walking days, steep and rugged paths, remote mountainous regions, and high-altitude environments. The trek culminates at Larkya La Pass, which stands at 5,106 meters, making acclimatization and physical readiness crucial. Nevertheless, beginners who are physically fit, have undergone appropriate training, and maintain a positive attitude can successfully complete the trek with the assistance of a qualified guide and a carefully crafted itinerary. For those new to Himalayan trekking, it is advisable to engage in regular walking, hiking, and cardiovascular workouts prior to the journey. With adequate preparation and gradual acclimatization, the Manaslu Circuit can offer a fulfilling adventure. Sherpa Nomad Trek Pvt. Ltd. has successfully conducted trips for both novice and experienced trekkers.

4. How is the Trail condition of the Manalsu Circuit Trek?

The ManIs aslu Circuit Trek trail is typically rugged, remote, and diverse, featuring a combination of well-maintained paths, rocky segments, forest trails, suspension bridges, and steep ascents and descents. The lower sections often trace the Budhi Gandaki River, surrounded by lush forests and traditional villages, while the higher elevations become rockier and more exposed. In the lower areas, numerous waterfalls and narrow valleys present a risk of falling rocks; therefore, caution is advised, and careful travel is essential. Certain parts of the trail can be difficult due to landslides, loose stones, snow, and narrow mountain paths, especially near Larkya La Pass, which stands at 5,106 meters. At high altitudes, it is important to walk slowly and stay hydrated to manage the elevation gain effectively. Trail conditions may vary based on weather and season. With appropriate trekking footwear, adequate physical preparation, and a qualified guide, the trail is navigable for experienced and well-prepared trekkers.

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5. Is a porter mandatory for Manaslu Circuit Trek?

Although a porter is not a necessity for the Manaslu Circuit Trek, it is highly recommended, particularly for trekkers with heavy luggage. The trek includes long days of walking, steep ascents, rugged terrain, and high-altitude sections, such as the Larkya La Pass at 5,106 meters. A porter can carry your main backpack, which allows you to walk more comfortably and save energy for the more challenging parts of the trek. If you are in good shape and can manage your belongings at a comfortable weight, you may choose to trek with only a guide. However, having a porter adds extra convenience and enhances the overall trekking experience, making it less physically demanding. On our 16-day Manaslu Circuit Trek, you will receive complimentary porter support to make your trek more enjoyable.

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