

Manaslu Circuit Trek - 16 Days

MANASLU CIRCUIT TREK -16 DAYS PACKAGE

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 Gumpa, 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.

MANASLU CIRCUIT TREK COST

The price for the comprehensive 16-day Manaslu Circuit Trek package starts at \$1500 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 \$1600.
- For groups of 2-6 people, the Manaslu Circuit Trek cost is \$1550 per person.
- For groups of 7-10 people, the Msnaslu Circuit Trek cost is \$1500 per person

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).
- 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.
- While travel insurance is not mandatory, it is highly recommended for unforeseen emergencies.
- It is important to offer gratuities to your guide, porter, and driver
- Please always ask for permission before photographing local people.

DETAILED ITINERARY

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

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

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

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

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

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

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

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

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

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

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

Day 12: Trek from Dharmasala to Bhimthang (3700m): 7-8 hours

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

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

Day 15: Besisahar to Kathmandu by Drive

Day 16: Departure

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

- 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: 2 nights/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.

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

- 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 is the Manaslu Circuit Trek a must-do?

The Manaslu Circuit Trek is the premier trekking route 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 micro spikes. 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.



