Sherpa Nomad Trek
Thamel Marg, Kathmandu, Nepal
Tel: +977-9851433082 | Email: info@sherpanomadtrek.com

Short Manaslu Circuit Trek - 14 Days

SHORT MANASLU CIRCUIT TREK: 14 DAYS PACKAGE

The **Manaslu Circuit Trek** is one of the most sought-after trekking routes, alongside the **Everest Base Camp**, **Annapurna Base Camp**, and **Annapurna Circuit Trek**. Currently, the **Manaslu Circuit Trek** is on the bucket list of over 50% of visitors to Nepal, and it is a well-deserved route for exploring Tibetan villages, monasteries, breathtaking mountain views from various vantage points, gigantic waterfalls, and a rich natural and cultural diversity. This trek remains one of the most popular trekking destinations in Nepal's Himalayas, located within the Manaslu Conservation Area, which is one of the restricted trekking areas, along with Upper Mustang, Tsum Valley, Narphu, Dolpo, Kanchenjunga, and Limi Lapchha Trek.

The **14-Day Short Manaslu Circuit** is a classic route that begins in Machhekhola and follows the trail to Larke La (5106m), the highest pass in Manaslu, connecting the Manaslu and Annapurna regions. The trek passes through Jagat, Deng, Namrung, Shyala, Sama, Samdo, and Dharmasala, with a detour to Pungen Gompa and Manaslu Base Camp. As you ascend to higher elevations, you will be able to witness stunning mountain views up close. After crossing the pass, you will reach Bhimthang and continue hiking to Dharapani, followed by a drive back to Kathmandu. Our itinerary offers maximum flexibility and the best package for safety and security. The journey encircles the Manaslu range, starting and ending in Kathmandu, encompassing the world’s 8th highest peak, Mt. Manaslu (8163m), along with other mountains, glaciers, and many impressive sights. Book the Short Manaslu Circuit Trek through **Sherpa Nomad Trek Pvt. Ltd** for the best experience, ensuring safety and reasonable costs.

14 DAYS MANASLU CIRCUIT TREK COST

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The Cost for the Manaslu Circuit trek varies based on factors such as duration, services, package inclusions, group size, season, and other critical elements like safety and security. While you can find various prices online, it is essential to verify what services are included in each package. Many people assume that a lower cost indicates a good deal, but this is not always the case. The balance between cost and service quality determines whether a price is reasonable. Sherpa Nomad Trek Pvt. Ltd offers a 14-day short Manaslu Circuit trek designed for those seeking a comfortable package, providing top-notch services at a very competitive price. You can review the included and excluded services. We provide all private transportation, private rooms in the mountains, and four-star hotel accommodations in Kathmandu, along with the best local guides and porter support to ensure your journey is flexible and comfortable. The package includes all logistical arrangements from arrival to departure. The cost for the Manaslu package starts from $1,100 to $1,500 per person, depending on group size.

- If you are traveling solo, the cost will be $1,500.
- For groups of 2-6 people, the cost is $1,200 per person
- The cost for groups of 7-10 people is $1,100 per person.

THE MAJOR HIGHLIGHTS OF THE MANASLU CIRCUIT TREK

- Discover the breathtaking Manaslu trek in Nepal.
- Experience the rich natural and cultural diversity that remains largely unexplored.
- Visit Tibetan villages that showcase an ancient way of life and their monasteries.
- Marvel at gigantic waterfalls, glacial rivers, and picturesque lakes.
- Enjoy the warm and exceptional hospitality of the Nepali people.
- Explore Pungen Gompa and the Manaslu Base Camp.
- Conquer Larke La (5106m), the trek's highest point, which provides stunning views of mountains and glaciers.

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- Discover this restricted and well-preserved region.
- This trek is ideal for both novice and experienced trekkers.
- Immerse yourself in the beauty and tranquility of the Manaslu trek.

IMPORTANT NOTES

- The Manaslu Circuit Trek stands as one of Nepal's most renowned restricted-area trekking routes
- This exceptional trek showcases the pristine natural landscapes and vibrant cultural heritage found within the Manaslu Conservation Areas
- Independent trekking is prohibited; you must engage an authorized local trekking company such as Sherpa Nomad Trek Pvt. Ltd.
- Comprehensive travel insurance is a mandatory requirement for all participants undertaking the Manaslu Circuit Trek
- A minimum of four essential permits must be obtained prior to commencing this spectacular trekking adventure
- Observe the remarkable biodiversity, including diverse flora and fauna, alongside the ancient Tibetan cultural traditions and historic monasteries
- Experience the magnificent glaciers, towering Himalayan peaks, and panoramic vistas that define this trek
- Always request permission from local residents before photographing them or their communities
- Navigate across impressive suspension bridges and appreciate the exhilarating beauty of cascading waterfalls along the route
- For premium service quality combined with competitive pricing, please get in touch with Sherpa Nomad Trek Pvt. Ltd. today

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- We recommend avoiding meat and cheese products at high altitudes to reduce the risk of foodborne illness
- We advise limiting alcohol consumption above 3,000 meters for safety and health considerations
- Move at a measured pace and maintain adequate hydration while at elevated altitudes

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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 Jaget (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: 7-8hours

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

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Day 10: **Trek from Samdo to Dharmasala (4460m): 4-5 hours**

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

Day 12: **Trek from Bhimthang to Tilche and Drive to Besisahar (700m): 7-8 hours**

Day 13: **Besisahar to Kathmandu by Drive: 5-6 hours**

Day 14: **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
- 11 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, Tsum Valley Special Permit, 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
- Helicopter ride and evacuation fees.

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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

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