

Round Manaslu Trekking

Trip Facts

Duration: 18 days

Trekking Destination: Manaslu Trek

Highest Altitude: 5160m/16, 924 ft

Trekking Hour: Approximately 5-8 hours per day

Trekking Duration: 18 Days

Trek Grade: Moderate to Difficult

Mode of Trekking: Hotel in Kathmandu and Tea House/Lodge on trek

Best Season: March/April/May/Sept/Oct/Nov

Group Size: Above 2 persons

Manaslu trek region is one of greater adventure treks in Nepal. It is located at the Gorkha districts mid-western part of Nepal. Mt. Manaslu (8163m) is the 8th highest peaks of the world; it offers wonderful views of the others most popular Himalayas Annapurna, Dhaulagiri, Ganesh Himal and Gaurishankar etc. This region was opened for trekking since 1992 AD. It is restricted trekking region there minimum 2 or more people require to obtain the special trekking permits.

The trip starts from Kathmandu to Sotikhola (141 Km, 8-9 hours' drive) via Arughat bazaar with beautiful scenic drive. The trail goes through most enchanting valley offering natural beauty, rice terraces, living culture, deep gorges, amazing riversides, greenery peaks and picturesque villages with enormous agriculture fields in the lower elevations.

Day to Day Itinerary

Day 1: Arrival in Kathmandu (1,300m), O/N at hotel

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Day 2: City Sightseeing Pashupatinath Temple, Bouddhanath Stupa and Trek Preparation, O/N at hotel

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Day 3: Drive from Kathmandu to Sotikhola (710m), 141 Km, (8-9 hours), O/N at Lodge

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Day 4: Trek Soti Khola - Maccha Khola, 900m (about 7 hours Trek), O/N at Lodge

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Day 5: Trek Maccha Khola – Jagat, 1410m, (6.5 hrs Trek), O/N at Lodge

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Day 6: Trek Jagat – Deng, 1,804m, (7 hrs Trek), O/N at Lodge

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Day 7: Trek Deng – Namrung, 2630m, (7 hrs Trek), O/N at Lodge

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Day 8: Trek Namrung – Samagaon, 3530m (6-7 hours), O/N at Lodge

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Day 9: Trek Samagaon - Pungyen gumpa - Samagaon: 7 hours for exploration, O/N at Lodge

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Day 10: Trek Samagaon – Samdo, 3860m (5 hours Trek), O/N at Lodge

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Day 11: Trek Rest Day in Samdo, O/N at Lodge

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Day 12: Trek Samdo - Dharamsala/Larkya B. C. 4460m, (5 hours Trek), O/N at Lodge

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Day 13: Trek Dharamsala - Larkya la, (5160m)-Bimthang (3720m), 8 - 9 hours Trek, O/N at Lodge

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Day 14: Trek Bimthang – Tilije, 2300m, (5 - 6 hours Trek) O/N at Lodge

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Day 15: Trek Tilije – Tal, 1700m (5 - 6 hours Trek), O/N at Lodge

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Day 16: Trek Tal – Syange, 1080m (6 - 7 hours Trek), O/N at Lodge

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Day 17: Trek Drive Syange - Kathmandu 201 Km, 8-9 hours, O/N at Hotel

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Day 18: Departure

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Trip Cost Includes

- Arrival/departure in Kathmandu.
- Accommodation in Kathmandu twin sharing room with breakfast
- Accommodation Mountain lodge during trek with all meals (breakfast, lunch & dinner).
- Kathmandu sightseeing as per above program.
- Manaslu restricted region Trek permit and TIM's card.
- All required supporting crews with experienced guide and porters to carry luggage.
- Meals, salary, personal equipment, transport and Insurance for supporting team.
- Kathmandu – Sotikhola transfer by private transport.
- Syange to Kathmandu transfer by private transport.
- First Aid Kit.
- All applicable taxes and service & service charges.

Trip Cost Excludes

- Meals in Kathmandu other than breakfast.
- Nepal entry visa fee.
- Your travel insurance.
- Insurance for any loss & damage.
- Rescue & evacuation service.
- Extra Tea & Coffee before/after meal.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle drinks etc)
- Tip for Guide & Porter.