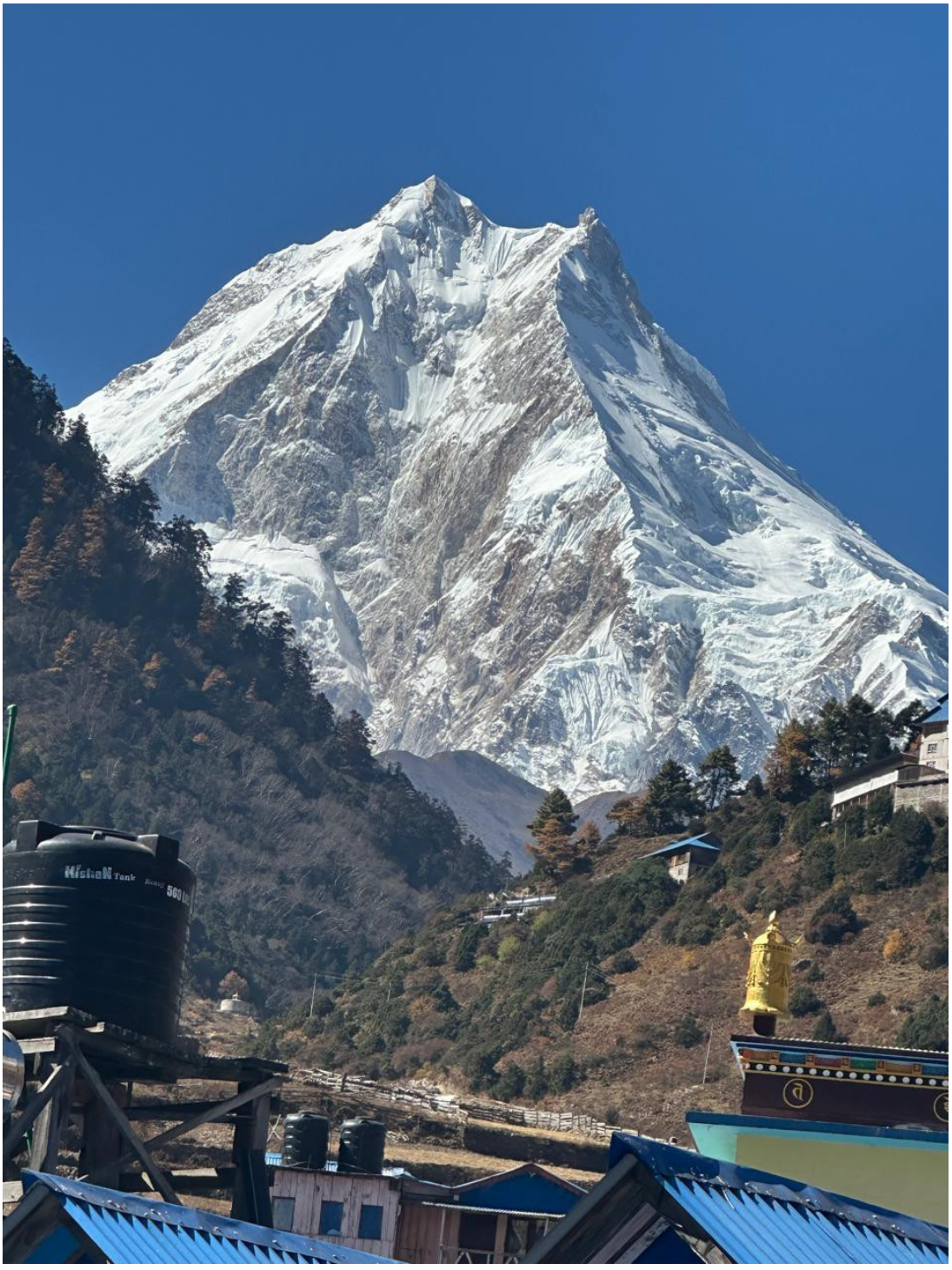
Manaslu Circuit trek



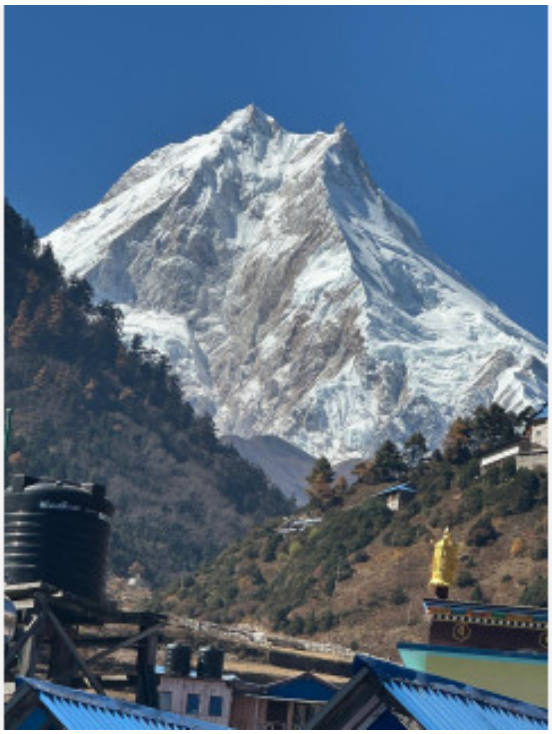
Trip Overview

The Manaslu Circuit Trek is an adventure of around 177 km that covers a trek around the Manaslu Massif. Offering unspoiled wilderness and breathtaking views of Manaslu (8163 m), Shringi Himal (7161 m), Cheo Himal (6812 m), Himlung Himal (7126 m), Ganesh Himal II (7118 m), and Himalchuli (7893 m) along the trail, the trekking destination has become on the bucket list of many adventure seekers.

Pure Adventure Nepal invites you to choose the Manaslu Circuit trek as your next adventure, with top-notch logistics and a trek through lush valleys and glacial lakes. The clarity of scenic beauty, adorned with wildflowers in lush greenery, comes into the picture. Kampugne Mountain, which comes under the Manaslu Conservation Area, has also provided a unique experience for visitors to discover the rich attributes of the trek.

Manaslu Circuit Trek helps you capture breathtaking scenery, conquer high passes, and provide opportunities to transform on the journey to the Himalayas. It can be the one adventure that leaves you breathless, so why wait? Lace your trekking shoes and get packed for the perfect adventure in the world’s eighth-highest mountain exploration. Together, let’s explore the Manaslu Circuit trek. Contact us today, as only a limited number of seats are available for this season.

Gallery



Trip Itinerary

- 1 - Arrive in Kathmandu TIA
- 2 - Sightseeing In Kathmandu, Preparations for Special Trekking Permit

- 3 - Drive to Machha Khola (869m)
- 4 - Trek to Jagat (1340m)
- 5 - Trek to Deng (1860m)
- 6 - Trek to Namrung 2630m
- 7 - Trek to Lho (3180m)
- 8 - Trek to Samagaun (3535m)
- 9 - Acclimatization day visit to Manaslu base camp
- 10 - Trek to Samdo 3875m
- 11 - Trek to Tibet Border Day hike / Samdo Rest Day
- 12 - Trek to Larke phedi or Dharmasala (4460 m)
- 13 - Trek Larkya La pass (5160 m), then down to Bhimthang
- 14 - Trek to Tilje
- 15 - Trek to Jagat
- 16 - Local jeep drive to Besisahar and back to Kathmandu
- 17 - Free day in Kathmandu
- 18 - Departure

Cost Includes & Excludes

Includes

- Airport pickup and drop at Tribhuwan International Airport
- 3-star Hotel stays at Kathmandu night stay in twin sharing B.B Plan
- Lodging and Tea house accommodation, All meals During trek
- Licensed Trek Guide with good spoken English plus assistant leader each for a group of four
- A porter sharing for two trekkers each on the route
- Salary and Insurance Cost of Staff
- All necessary paperwork and permits (TIMS/ Conservation Fee) Speical permit
- Emergency medical kit and local taxes

Excludes

- International Flight and Nepal VISA fees
- Travel Insurance
- Extra activities cost not planned within the Itinerary
- Hard or Soft Drinks and snacks
- Entrance fee for other sightseeing
- Extra cost for booking flight, round trip from Kathmandu to Pokhara
- Tips for Staff (Trekking Guide, Assistant, and Porter)
- Essential Packing Equipment

Gears and equipment

- Clothings
    - Waterproof jackets and pants
    - Sweaters and down jackets
    - Lightweight trousers
    - Hiking shirts—long-sleeved
    - Hooded raincoat and Fleece jacket
    - Innerwears
    - Lightweight and heavyweight winter gloves
    - Sun hat or scarf; Money belt;
    - Cotton headscarf, bandana
    - Winter hat or insulating hat

- Extra items
    - First aid kit
    - Passport-sized photos and passport photocopies
    - Binoculars
    - Personal medications
    - 1 swiss type knife
    - Sleeping bags and sheets,
    - Rucksack, backpack, and a small day pack
    - Water bottle
    - Water purification tablet solution

- Personal accessories
    - Headlights and extra batteries
    - Face and body wipes
    - Sunscreen and sunglasses with
    - UV protection
    - Money

    - Watch
    - Cell phone and camera

- Toiletries
    - Medium-drying towels
    - Toothbrush and toothpaste
    - Washing kits, talcum powder, and toilet paper
    - Degradable soap and shampoo
    - Deodorant floss, nail clippers, and mirror

- Footwears
    - Hiking Boots
    - A pair of sports shoes
    - Heavy wool and light socks

Faqs

1. **How long does it take for the Manaslu Circuit trek?**

   Manaslu Circuit Trek is an 18-day package with Pure Adventure Nepal, exploring glacial lakes, the Tibetan border, splendid views of the Manaslu massif, and crossing the challenging Larkya la Pass.

2. **Is the Manaslu Circuit trek difficult?**

   The Manaslu Circuit Trek is enduring and demanding, and the difficulty level ranges from moderate to strenuous as you ascend steeper climbs on the well-maintained and rugged trail.

3. **How many people lost their lives in Killer Mountain Manaslu?**

   To date, the record of people who died on a demanding climb to Mount Manaslu is around 88. Acclimatize properly and even stay updated with weather forecasts when climbing and trekking Manaslu in the high-altitude meadows.

4. **Where do I start the Manaslu Circuit trek?**

   The starting point of the Manaslu Circuit Trek is Machha Khola, which takes around 9 to 10 hours by road from the capital of Nepal, Kathmandu.

5. **How high is the Manaslu Circuit trek?**

   Expect to climb at an altitude of 5160 m above sea level. The best trekking on the offbeat path leads you to Larkya La Pass, which is a must-do adventure.