

## 1. Trip Overview

### Manasalu Circuit Trek Trip Notes:

- Highest altitude of 5160 m will be encountered during the trip.
- The trip lasts for around 17 days in total.
- Difficult is the difficulty level of the trip.
- Accommodations in Lodges on trek and in hotels in cities.
- Minimum of 2 people can travel during the trip.
- Best months for travelling through this trail are from March to May and September to November.
- Basic transportations means are by public or private vehicles.

### More Attractions About Manasalu Circuit Trek :

- Budi Gandaki Valley can be viewed at its best during the trip.
- Spectacular views of Manaslu and the surrounding Himalayan Ranges.
- The famous town from where the unification of Nepal started, Gorkha can also be visited and explored.
- Traditional rural and village life style and culture can also be explored.
- Along with the Terraces of crop fields and the diversified flora and fauna are also the best attractions through the trail.
- More Exploration of Tibetan culture and high pass crossing Larke la (5210 m).

**Manasalu Circuit Trek** begins from Kathmandu to beautiful and popular trekking regions, that follows the ancient city of Gorkha and to the bank of Budi Gandaki river, Manasalu Mountain is 8163m high and world eighth highest mountain is major source of mighty Gandaki. **Manasalu Circuit Trekking** offers the travelers with heavenly view of majestic mountain and high green hill. **Manasalu Region** is famous by the local heritage and bio logical diversity of manasalu region. During Manasalu Circuit Trek, travelers can trek to Larke La Pass which is believed to be the dramatic pass crossing the Himalayas. Like all Mount Glory Itineraries this trek to ensure adequate time for proper acclimatization, so that trekkers can fully enjoy the beauty of majestic himalayas and its periphery. Most of the treks involve walking on mountain trails and it depends on fitness of traveler that how much distance they can travel in estimated itineraries. Mount Glory request trekkers to trek at altitude above 3500m is more demanding than walking at low elevation. Manasalu Circuit trail provides almost all amazing natural beauties like any other trek.

**Around Manasalu Trek**, trekkers trek to an off beaten path through most amazing mountains. Manasalu Region is world-class trekking destination referred by thousand of trekkers. If you are looking for [short trek](#) through off beaten path, Manasalu Region the best destination where off beaten path treks available for any avid trekkers. Manasalu Circuit Trek Itinerary is highly getting popular for its natural beauty in the shade of majestic high land [Manasalu Region](#). It is ideal for trekkers who wish to trek in hidden paradise. Around Manasalu visitors can witness mountains

scenery, glacial terrain,high mountain pass,beautiful Rhododendron forest, ancient monasteries,amazing culture and lifestyle.Manasalu Circuit Trekking offers the best mountain view of the highest mountain Mount Annapurna 1,Annapurna South,Annapurna 3,Machhapuchre,Gangapurna and Ganesh Himal.Manasalu Circuit Trek has several option depending on starting point and mode of transportation the trip can be shorter or longer.[Mount Glory Team](#) can help you with your wish, holiday time and intrest about the budget and trekking time.

## 2. Trip Includes

- Airport / Hotel / Airport pick up & drop off service by private tourist vehicle.
- 03 Nights Twin sharing accommodation in 3 Star Standard Accommodation in Kathmandu); Breakfast included.(If you need a single room, it can be arranged at an additional cost).
- All Standard meals while on trek (Breakfasts,lunchs and Dinners).
- Luxurious Guesthouse Accommodation during the trek.
- Full day guided sightseeing of kathmandu with well English Speaking Tour Guide.
- Public Vehicle From Kathmandu to Arughat And Besisahar To kathmandu.
- English speaking Trek leader/Guide.
- Porters to carry your bags(1 porter for 2 guests).
- Free Mount Glory Adventure Tshirt.
- Food,Accommodation,salary,insurance and equipment's for all staff.
- Manasalu Conservation Park permits and TIMS permit for trekking.
- All goverment,hotel and other applicable taxes.
- Farewell dinner in typical Nepali Restaurant with cultural dance show.
- Trip Completion Certificate And Token Of Love.
- Official expenses.

## 3. Trip Excludes

- International Airfare and taxes.
- Travel insurance which covers emergency Rescue and Evacuation.
- Nepal Entry visa(visa is obtained in Nepal Airport immigration on arrival.USD 25 per visa for 15 days,USD 40 per visa for 30 days and USD 100 per visa for 90 days.All the visas are multiple entry visas.please carry 02 passport sized photograph for the visa.

- Lunch and Dinner in Kathmandu.
- All items of personal expenses.
- Tipping for guide, porters and drivers (Tipping is expected).
- Any other expenses which are not mentioned on 'Price Includes' section.

**Note: Please bring 4 Passport size photos, copy of passport and travel insurance at Our First Meeting In Our Office.**

## 4. Trip Itineraries

Day 1: ARRIVAL IN KATHMANDU(1,400M/4,593FT) AND PRE-TRIP MEETING.

Welcome And Namaste, Representative of Mount Glory will be receiving you at TIA (Tribhuvan International Airport). He will be displaying sign board of Mount Glory outside the TIA terminal. Then, he/she will be transferring you to the respective hotel in private tourist vehicle. On the way to hotel he will be explaining you about the various services provided by Mount Glory Team. Then after reaching the respective hotel you will be freshening up and taking some rest. In the same day we will be meeting in Mount Glory office discussing about the trip. At the same time we will be sharing our experiences about various mountains, landscapes, and beautiful scenery across the Himalayas for the another day tour. Then we will meet you with our experienced guide who will take you to the beautiful mountains.

Trip Hours:

Accommodation: 3 Star Standard Hotel

Max Altitude: 1400m/4593ft

Meals:

Day 2: KATHMANDU VALLEY SIGHTSEEING TOUR AND PREPARATION FOR THE TREK.

The Kathmandu valley alone holds the four heritage sites that are listed under the UNESCO World Heritage Site list. Our tour guide will start the valley tour late in the morning with private tourist vehicle. You will be noticed about the various beautiful panorama that are in the valleys, which includes the temple of Holy Pashupatinath, Swyambhunath, Kathmandu Durbar Square and Boudhanath. All of these sites have been referred by the tourist visiting the valley. These famous world heritage sites are famous among the tourist visiting the Kathmandu valley. Our Pashupatinath is the sacred religious temple of Hindu. Similarly, the Monkey temple of Swyambhunath is famous among Buddhist Pilgrimage, where you will be seeing the holy monks representing almost 90 Percent Tibetan Culture. The Durbar square of Kathmandu holds the historic importance of Nepalese Monarchy. The rulers of ancient Nepal use to run the kingdom from the same Durbar (palace). Also, the Boudhanath is the largest Buddhist stupa in the world. These historic monuments are representative of country's cultural and religious tenor. After the tour we will return back to hotel and stay overnight at the same hotel.

Trip Hours:

Accommodation: 3 Star Standard Hotel

Max Altitude: 1400m/4593ft

Meals: Breakfast Included

Day 3: Drive kathmandu (1,400M/4,593FT) to Soti Khola(700m/2296ft).

We will take a ride to soti khola where we will be enjoying the bus drive from kathmandu to Aarughat and we will have lunch on the way then reach beautiful Aarughat Bazar. Then, we will take a jeep drive to Soti khola through off road. we will be enjoying terraced field and Budi Gandaki river on the Road Side. Overnight stay at Soti Khola.

Trip Hours: 6-7 Hours Drive

Accommodation: Standard Trekking Lodge.

Max Altitude: 700m/2296ft

Meals: Breakfast, Lunch And Dinner Included

Day 4: Sotikhola (700m/2296ft) to Machha Khola(869m/2851ft).

After breakfast we will be heading towards Machhekhola for 6- 7 hour walk, on the way we will be crossing suspension bridge of soti khola 710m. We see water falls, rocky cliff and rapid Budigandaki River on the way. We will reach Khursane through Sal forest. We will be climbing rocky cliff, from Lapu Bensi where the valley open up. Walking through sandy river bed and climbing overstone ridges we reach the valley of Machhe Khola village where we will stay overnight at tea house.

Trip Hours: 6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 869m/2851ft

Meals: Breakfast, Lunch And Dinner Included

Day 5: Machhe khola (869m/2851ft) to Jagat(1340m/4396ft).

Today we will be heading towards Jagat from Machhe Khola, We will walk through a narrow trail to reach Tharu khola and finally to Khorla Bensi where beautiful Ganesh Himal is seen. After few hour walk we reach popular hot

spring called Tatopani where we will spend some time enjoying natural hot spring and remove all our tiredness and stress of trek. We climb another ridge and cross Budi Gandaki through suspension bridge. To reach Dovan we climb staircase and cross a landslide. After passing Dovan we climb Stone staircase to reach Thado Bharyang. Then, we cross Budi Gandaki west bank to reach Jagat where we will spend overnight.

Trip Hours: 6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 1340m/4396ft

Meals: Breakfast, Lunch And Dinner Included

Day 6: Jagat (1340m/4396ft) to Deng (1860m/6102ft).

After breakfast we first reach Salleri and after climbing a rocky bridge we reach Sirdibas. We continue to Ghatta Khola and walk upstream to reach Gurung village in Philim where Manasalu Conservation Area Project office lies. The trail continues through corn and millet fields to reach Ekle Bhatti where we will have Lunch and continue our trip through grassy slopes and tall pine trees to cross the Budi Gandaki River. At the trail opens widely we pass through bamboo forest to reach the Deng Khola and after some hour walk we reach small village called Deng where we spend overnight.

Trip Hours: 6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 1860m/6102ft

Meals: Breakfast, Lunch And Dinner Included

Day 7: Deng (1860m/6102ft) to Namrung (2630m/8628ft).

After breakfast at Deng we will start to ascend 400m then we cross Budi Gandaki river to reach Rana 1980m. After that we head to Budi Gandaki valley by passing through forest and terrace fields. We can see few houses above steep cliff on the opposite side of Budi Gandaki to reach Ghap. The trail further passes through well paintings where we see mani wall made by villagers then the trail forwards to prok villagers from where we can witness Siring Himal. We follow the river by crossing deep gorge to the steep climbs from Tibetan trail. Then, we reach Namrung from where we can see Ganesh Himal, Mt. Himchuli and Siring. We stay overnight at Namrung.

Trip Hours: 6-7 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 2630m/8628ft

Meals: Breakfast,Lunch And Dinner Included

Day 8: Namrung (2630m/8628ft) to Samagaon (3480m/11417ft).

Today we heads to beautiful Samagoun locally known as Ro.On the way we pass Rhdodendron forest,Lhi Hill 2900m also Gompa on the side of the trail and other villages.We see unusual Architecture house that makes our trek memorable.We pass through sho to reach Lho where roof of the house is made by heavy woods Shingles and we forward to Thosang Khola then descend ontoa rock stewn moraine across the pasture and field Samagoun where we stay overnight.

Trip Hours: 6 hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 3480m/11417ft

Meals: Breakfast,Lunch And Dinner Included

Day 9: Rest day Samagaon (3480m/11417ft) to acclimatization walk to Birendra Tal and eventually to Manaslu Base Camp (4400m/14435ft).

Today is rest day at Samagoun to acclimitize the increasing altitude.At samagoun we explore the surrounding village and visit Birendra Tal and Anie Gompa.The major crop like potatoes,and barely and major animal like Horse,sheep and Yak which are kept for butter and meat is amazing to see.We can observed Pungyen Gompa and Manasalu range situated on the hill near Samagoun.We spend today by witnessing complete different nature and happening and stay overnight at Samagoun.

Trip Hours: 5-6 hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 4400m/14435ft

Meals: Breakfast,Lunch And Dinner Included

Day 10: Samagaon (3480m/11417ft) to Samdo (3865m/12680ft).

Today afterbreakfast we head towards Samdo.We pass Budi Gandaki river through suspension bridge where the trail further read us to Manasalu Base Camp to reach Kermo Kharka.We trek along the side of Larke La and further passing through Mani walls and birch forests.On the way we can see stone arch and many himalayan flora and fauna.After few hour walk we reach Samdo where we will stay overnight.

Trip Hours: 4-5 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 3865m/12680ft

Meals: Breakfast,Lunch And Dinner Included

Day 11: Samdo (3865m/12680ft) to Dharmasala/Larke Phedi (4470m/14665ft).

Today we head forward to reach Dharmasala at Larke Phedi.We cross budi gandaki river many times by wooden bridge.After crossing few streams and seeing glimpse of Larke Glacier we make our way upward to the guesthouse called Dharmasala.The short walk to Larke Phedi provide enough time for acclimatize and further trek leads to Larke Phedi where we will stay overnight.

Trip Hours: 6 hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 4470m/14665ft

Meals: Breakfast,Lunch And Dinner Included

Day 12: Dharamsala/Larke Phedi (4470m/14665ft) to Bimtang (3740m/12270ft) 8-10 hrs walk via Larkya La pass (5125m/16814ft).

After breakfast at Dharmasala we ascend 800m and descend 1600m to cross ridge.The trail become rough,steep and there is snow on the way also forzen lake that we cross Larke La Pass 5125m.On the way we can enjoy Larke Glacier and exquisite views of Larke Peak.Froem here breath taking view of Annapurna,Himlung,Cheo is amazing.We then forward to reach Bhintang where we will stay overnight.

Trip Hours: 8-10 hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 5125m/16814ft

Meals: Breakfast,Lunch And Dinner Included

Day 13: Bimtang (3740/12270ft) to Tilije (2255m/7398ft).

Today we ascend our trek to reach Bhimtang, on the way we pass High pasture, pine and Rhododendron forest then we pass Dudh Khola to reach beautiful village of Gho. A short walk takes us to Tilije where we spend overnight.

Trip Hours: 5-6 Hours

Accommodation: Standard Trekking Lodge.

Max Altitude: 2255m/7398ft

Meals: Breakfast, Lunch And Dinner Included

Day 14: Tilije (2255m/7398ft) to Dharapani (1860m/6102ft).

After breakfast at Tilije we forward to beautiful village along embankment of Dudh Khola further we descend down through Scrub forest on the edge of Marsyangdi Valley. After passing police check point we make our way towards Dharapani where we will stay overnight. Dharapani is a gateway to Annapurna Circuit.

Trip Hours: 5 hour

Accommodation: Standard Trekking Lodge.

Max Altitude: 2255m/7398ft

Meals: Breakfast, Lunch And Dinner Included

Day 15: Dharapani (1860m/6102ft) to Beshishar (760m/2493ft).

Today our trek is quite easier as we descend to city of besisahar. We may take jeep or walk for 5 hours through the bank of Marsyangdi Khola. We spend overnight at standard guesthouse in besisahar.

Trip Hours: 6 Hours Drive

Accommodation: Standard Trekking Lodge

Max Altitude: 1860m/6102ft

Meals: Breakfast, Lunch And Dinner Included

Day 16: Drive back to Kathmandu.

After breakfast at besisahar we drive back to Kathmandu valley through the bank of Marsyangdi and Trishuli river. We can witness beautiful scenery of rice fields and terraced farm also refreshing view of hilly areas and mountains. After 7 hour journey we reach Kathmandu where we spend last night at Nepal. Today we join Farewell Dinner and Mount Glory offers you certificate of trek completion.

Trip Hours: 6-7 Hours Drive

Accommodation: 3 Star Standard Hotel

Max Altitude:

Meals: Breakfast, Lunch And Farewell Dinner Included

Day 17: Final Departure.

Our Mount Glory representative will transport you to TIA around 3 hours before your scheduled flight from where you will Depart.

Trip Hours:

Accommodation:

Max Altitude:

Meals: Breakfast Included

## 5. Trip Useful Info

### Manasalu Trek After 2015 Earthquake

Gorkha Earthquake of 7.8 Magnitude that has brought undeniably transformation on the regular trekking trails with abundant landslide, the safety of trails and settlement are on daunted. Trekkers are still doing Manasalu Trek as there have been rumors about Manasalu Circuit. Coming to an end after earthquake but its all fictitious. Risk assessment has been done and its fully functional. so, there is no any obligation for Manasalu Circuit Trek.

### Accommodations

Mount Glory will provide you standard Hotel in Kathmandu with twin sharing basis on BB plan. If the trekker is willing to have single room an additional charge of USD 50 per night is added. During the trek the travellers are provided with standard guesthouse where wooden beds with mattress and pillow are available. Trekkers have to shared the bathrooms and toilets in Manasalu Circuit Trek. You will be provided with teahouses, and luxury lounge that depends upon your demand.

**Meals**

We will provide you with standard breakfast on the same Hotel in Kathmandu. During the trek our guide will choose hotel for hygienic lunch according to your request. Breakfast and evening meal are served on the hotel where you will stay overnight. Our meal includes typical Nepalese food, continental food, and Sherpa's menu on the trek. Meal will be provided on your request from respective menu from the hotel.

**Physical Conditions**

Trekkers should have proper health condition as he/she is trekking over 6-7 hours on easy trekking routes. Mount Glory itinerary is designed for proper acclimatization for each day. Trekkers with poor physical condition, who are having lung-related diseases are requested to take medical supervision before the trekking.

**Drinking Water**

Water in the high mountain region may not be familiar with trekkers. So, you can buy hot water or mineral water in affordable cost and trekkers have to carry water treatment system if you feel the water in the mountain is unhygienic. But normal drinking water is available easily during the trek.

**Routes Maps**

Routes maps will be provided to you by Mount Glory Team. This includes the minor itinerary of whole trekking with darkened routes. The trekking trail will be highlighted so one can easily find the trail route which makes the trekking interesting and easy.

**Trekking Group Size**

Mount Glory is organizing its trekking with a minimum of 2 trekkers who are provided with our guide and porter. If your group consists of more than 20 members we will split the group and manage our guide and porter accordingly. 6 travellers are provided with an experienced guide and a porter per 2 travellers to carry your belongings.

**Transportation**

Travellers are provided with tourist private vehicle while they are on Kathmandu. There will be Public Bus to Arughat. If you need private vehicles we can manage for you. The minimum of 300 Dollar for Tourist vehicle and flight ticket both ways.

**Luggage And Bags**

Travellers can bring maximum 2 bags which include your day-to-day belongings like camera, clothes, sun screen glasses, etc. The bag which contains less needy things like sleeping bag, boots, or towels is carried by porters which shouldn't weigh more than 25 kg. If you are taking a flight then travellers have to pay USD 1 per kg if your luggage weighs more than 15 kg.

**Guide And Porters**

Mount Glory will provide you an experienced Trekking guide who will guide you throughout the trek. You are provided with a porter who carries 25 kg maximum weight of 2 trekkers. Our guides are licensed from the Nepal Tourism Department who

have knowledge about the trails and the community you will be staying with.

### **Travel Insurance**

Trekkers should have International Travel Insurance of USD 10000 as Mount Glory is not responsible for any emergency rescue operation that may occur due to high altitude and medical case also injuries and food related health problem. We can only provide air ambulance service, Helicopters, and other rescue operation if travellers already have international travel insurance. We are responsible for accidental problem of Mount Glory staff.

### **Weather Condition In Manasalu Circuit Trek**

During Manasalu Circuit Trek you will have to face different weather condition. Our experienced guide are aware about possible weather changes as they have don't this trekking many times. If the weather is incase not favourable for trekking our guide will decide weather to continue the trek or return through same path. But weather condition in this circuit is not changeable so far.

### **Communication System During Trek**

Some places in the mountain have internet while some place don't. But our team can manage you internet facilities on your request for that you have to pay the internet bill. As, we trek high up in the mountain the signal receiver of communication office may not work at some places. So, you need to have some patience to get proper communication facilities.

### **Tips For Guide And Porter**

Tips are not mentioned as compulsory but you can make your trekking friends from Nepal happy by their services by giving them tips and gifts. Minimum of 10 per tips is usual for guides and porters and you can also give as much as you like.

### **Best Time To Travel**

March to May and september to November are the best month for trekking around the himalayas. Trekkers can also make their trekking plan on winter month as our professional team can decide the perfect time in cold month as well.

### **Personal Expenses On Trek**

Your personal expenses on the trek depends upon your expenses. You should have expenses for extra food and drinks besides Lunch, Breakfast and Dinner which our company can afford. Also, expenses for shopping gears, alcoholic drinks and entertainment expenses depends upon you. It may be about minimum of USD 500 or according to you. Your credit card are not accepted in the mountain so you need to have require cash in kathmandu.

### **Itinerary and Changes**

We have 17 days trek for Manasalu Circuit Trek. We can minimize or maximize your trek according to your wish and request before starting the trek. In case of certain problem like attitude, tiredness, our guide can re arrange the scheduled on your request. If trekkers some group have some problem then he/she stop on the way with our experienced porter or

assistant guide while other will continue their trek.

## **6. Contact Us**

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We are located - Near to Bhagwati Mandir (5.6 km from Tribhuvan International Airport), Thamel Marg, Thamel, Kathmandu, Nepal.

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