



## Manaslu Circuit Trek – 14 Days Cost & Itinerary

### Description

Â The **Manaslu Circuit Trek** is in the middle of the Nepalese Himalayas and is famous for its beautiful mountain ranges, lively culture, and difficult trekking trails. With an elevation of 8,163 meters (26,781 feet), Mount Manaslu is the eighth-highest mountain peak in the world. Himalchuli, Ngadi Chuli, Shringi Himal, and Ganesh Himal are just a few dramatic peaks surrounding it. These huge trees make a stunning background for the area's varied scenery and rich culture.Â

The Manaslu area has many different kinds of culture. Different groups of people live in each village, including the Gurungs, Magars, Tamangs, and Sherpas. Each village has its own rituals and customs. Traditional Tibetan Buddhism is a big part of everyday life, as you can see by all the temples, prayer flags, and stupas. Throughout the year, festivals and religious events show off the area's rich spiritual history.Â

The unique mix of cultures and high elevation in the Manaslu area can be seen in its food. Trekkers and locals alike can eat hearty meals like dal bhat (rice and beans), momos (dumplings), thukpa (noodle soup), and tsampa (roasted barley flour). Traditional meals are made more flavorful and healthier with foods grown or gathered nearby, like yak meat, dairy products, and wild herbs. This makes for a satisfying dining experience in the mountains.

People who live in the **Manaslu area** enjoy a good mix of old and new ways of life. People who live in villages have a simple but satisfying way of life. They make a living by farming, raising animals, and trading along old trade lines. Residents with strong ties to their town and the land feel strong and independent, protecting cultural heritage for future generations.Â

In the middle of the Manaslu region is the famous Manaslu Circuit trek, an adventure that draws **trekkers worldwide**. This trek takes about 14 to 18 days and goes through remote towns, lush forests, alpine meadows, and high mountain passes. The most exciting parts are crossing the dangerous Larkya La Pass (5,160 meters), visiting traditional towns like Samagaon and Samdo, and taking in the views of Manaslu Circuit Trekking and the nearby peaks.

The Manaslu Circuit is more than just a trekking route. It's an immersive cultural experience that lets trekkers connect with locals and see how friendly they are. By [trekking in the Manaslu region](#), explorers not only push their bodies and minds to the limit but also help the local economy and conservation efforts, which will protect this pristine Himalayan gem for future generations.

## Short Itinerary

**Day 01:** Arrival in Kathmandu and Start of the Manaslu Circuit Trek in Nepal.

**Day 02:** Explore the Kathmandu Valley and Get Ready for the Trek.

**Day 03:** Kathmandu to Machakhola (869m) – 8-9 hours.

**Day 04:** Trek to Jagat (1290 m, 6-7 hours) from Machha Khola.

**Day 05:** Trek from Jagat to Dyang (6 hours, 1860 m).

**Day 06:** Trek to Namrung (2660 m, 6-7 hours) from Dyang.

**Day 07:** Trek from Namrung to Samagaon (3530 m, approx. 7 hours).

**Day 08:** Get used to the Altitude in Samagaon (**Visit Manaslu Camp** or Pungyen Gompa).

**Day 09:** Trek from Samagaon to Samdo (3800 m, 4 to 5 hours).

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

**Day 11:** Trek from Dharmasala to Bimthang (3890 m, 8-9 hours) through Larkya Pass.

**Day 12:** Trek from Bimthang to Gho Village (2560 m, 5-6 hours). Trek to Dharapani (1860 m, 4-5 hours) from Gho Village.

**Day 13:** Drive back to Kathmandu (1400 m, 9-10 hours) from Dharapani.

**Day 14:** Departure to Kathmandu Airport.

## Highlights of the Manaslu Trek in Nepal

- Take in the amazing views of Manaslu, the world's eighth-tallest mountain, and other beautiful peaks and landscapes.
- In traditional villages, you can learn about the rich traditions of the Gurung and Tibetan people and experience their warm welcome and unique customs.
- Enjoy a less busy trek, and gives you a chance to connect with nature that hasn't changed.
- Learn how to get over high passes like the Larkya La Pass.
- Explore a range of environments, from subtropical forests to alpine meadows, where you can see a wide range of plant and animal life.
- Learn about the Buddhist customs and architecture of the area by visiting old monasteries like Sama Gompa.
- In tea houses and homestays, you can enjoy the kindness of the locals and get to know them better.
- You will trek through various scenery, from terraced fields to glacial moraines, which will keep you interested.
- Discover remote towns like Deng and Namrung that give you a look into real Himalayan life.
- **Manaslu Circuit Trek** is socially and environmentally conscious because it supports responsible travel that helps the local economy and has little effect on the environment.

## Beautiful Views of Mountains

Trekking the Manaslu Circuit gives you the best **views of Mount Manaslu**, the eighth tallest mountain in the world, and Himalchuli, Ngadi Chuli, Shringi Himal, and Ganesh Himal. Throughout the trip, these huge mountains make for a breathtaking view.Â

## Remote and Untouched Landscapes

The Manaslu Circuit is not as famous as other **trekking routes in Nepal**, so it has much-untouched nature. Trekkers pass through various landscapes, such as dense woods, terraced fields, alpine meadows, and rough mountain passes. These different landscapes give trekkers a sense of peace and solitude.Â

## Crossing the Larkya La Pass

Crossing the Larkya La Pass, at an elevation of 5,160 meters (16,930 feet), is one of the trip's hardest and most rewarding parts. The pass is memorable because it offers great views of snow-covered hills and glacier-covered valleys.Â

## Immersion in Culture

The trail passes through traditional towns where local groups like the Gurungs, Magars, Tamangs, and Sherpas live. Trekkers can talk to locals, learn about their unique cultures and traditions, and get a feel for the traditional way of life in the Himalayas. Cultural immersion is a significant aspect of **trekking in Nepal** and adds a rich dimension to the **Manaslu Circuit Trek experience**.

## Exploring Buddhist Temples

Trekkers will encounter old Buddhist temples, gompas, and shortens. These places are important spiritual hubs for the local people. These holy places offer a glimpse into Tibetan Buddhist culture and a chance to relax and think in the middle of the rough landscape.

## Wildlife Viewing

The trek passes through the Manaslu Conservation Area, which is home to a wide range of plants and animals. **Trekkers** may see rare animals in the Himalayas, such as snow leopards, Himalayan tahrs, blue sheep, and birds, making the trip more exciting.Â

## Charming Villages and Teahouses

During the trip, trekkers stay in simple teahouses and guesthouses in traditional Himalayan villages. These cozy places offer a friendly welcome, hearty meals, and a chance to meet other trekkers and locals. These interactions create memories of friendship and kindness that will last a lifetime, enhancing the overall **trekking experience in Nepal** on the Manaslu Circuit Trek.

## Less Crowded Alternative to Everest Base Camp

The Manaslu Circuit is a quieter and more remote trekking route that still showcases the beauty of the Himalayas. It is a less popular alternative to routes like the Everest Base Camp trip.Â

## Best Time to Trek Manaslu Circuit

In Nepal's beautiful scenery, the Manaslu Circuit Trek takes you on a deep journey through the heart of the Himalayas. Even though the trek can be done any time of the year, September through November and March through May are the best times to go.

In the fall, the weather is stable for trekkers, with clear skies and moderate temperatures, making the experience easy and fun. The paths are usually dry, making getting through the rough terrain easy. Also, the views of the tall Himalayan peaks, like the magnificent Mount Manaslu, are at their most stunning at this time, giving trekkers experiences they will never forget.Â

Rhododendrons bloom along the **hiking** trail in the spring, waking up the scenery with bright colors. They paint the area with splashes of color. As the weather gets warmer and the snow melts, the trails become easier to access, making it easy for treks to cross high mountain passes. Additionally, the longer daylight hours in the spring give people plenty of time to enjoy the natural beauty and peace of the **Himalayan mountains**.Â

Fall and spring are the best times to do the **Manaslu Circuit Trek in Nepal**, but trekkers should always check the weather predictions and trail conditions before starting their trip to ensure they stay safe and have a good time. If they plan and prepare well, adventurers can go on an unforgettable trek through the stunning landscapes of the Manaslu area. They can make memories that will last a lifetime in the majesty of the Himalayas.Â

## Experience the Manaslu Treks in Nepal – 14 Days

Embarking on the Manaslu Circuit Trek for 14 days promises a plethora of unforgettable adventures and encounters:

1. **Breathtaking Scenery:** Witness awe-inspiring Himalayan panoramas, including the majestic Mount Manaslu, Himalchuli, Ganesh Himal, and other snow-capped peaks.Â
2. **Cultural Immersion:** Immerse yourself in Nepal's rich cultural tapestry by engaging with locals from Gurung, Tamang, and Tibetan communities, delving into their traditions, customs, and daily lives.Â
3. **Conquering Challenging Passes:** Experience the thrill of high-altitude trekking by conquering the daunting Larkya La Pass (5,160 meters/16,924 feet), reveling in panoramic vistas from the summit.Â

4. **Spiritual Exploration:** Along the trail, visit ancient Buddhist monasteries and gompas, such as Mu Gumpa, to meditate, learn about Tibetan Buddhism, and witness traditional rituals.Â
5. **Wildlife Encounters:** Spot rare Himalayan wildlife, including the elusive snow leopard, red panda, blue sheep, Himalayan tahr, and various bird species, enhancing the trekking experience.Â
6. **Diverse Landscapes:** Trek through diverse landscapes, from lush green valleys and terraced fields to alpine meadows and rugged mountain terrain, offering ever-changing scenery and countless photo opportunities.
7. **Indulging in Local Cuisine:** Delight in authentic Nepalese cuisine and local delicacies at teahouses and guesthouses along the trail, savoring the flavors of dal bhat, momos, thukpa, Tibetan bread, and more.Â
8. **Experiencing Community Hospitality:** Feel the warmth of Nepali villagers as you stay in traditional teahouses and homestays, swapping stories and forming connections with locals and fellow trekkers.Â
9. **Embracing the Physical Challenge:** Test your endurance and fitness levels as you navigate varying altitudes and terrain, surmount obstacles, and achieve personal milestones.Â
10. **Reveling in a Sense of Accomplishment:** Reach the culmination of your trek in Besisahar, basking in a profound sense of accomplishment and fulfillment as you reflect on the challenges overcome. The memories made during your **Manaslu Circuit adventure**.

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The Himalayan Treks