



Manaslu Round Trek



Introduction

Mt Manaslu is situated on the borders of Nepal and Tibet. Manaslu Trek is one of the most challenging and well-known trails in Nepal. It provides an amazing view of some of the highest mountain peaks in the world.

Manaslu circuit trekking trail goes through the traditional village of Hindu and Buddhist religious settlement. During the Manaslu circuit trek, you can explore the panoramic views of kind snow-capped mountain ranges ie. Mt. Manaslu, Ganesh etc. The Manaslu trekking trail commences from Soti Khola which is the low altitude point then the altitude rises constantly up to Laekya La pass (5125m).


The wonderful landscapes, green countryside, lush forests and the gorgeous views of the huge glacier and snow-capped mountain make of trip extra special. Manaslu Circuit Trekking trail is a restricted area for the sole trek. So, you need at least two trekkers and a registered local trekking guide to trek in Manaslu region.

The trek can be as short as 10 days for Lower Manaslu trek and could be extended to 21 days with an amazing side trip to Tsum Valley. Every itinerary comes with rest days in Sama Gawn and Samdo. These two places are for the overnight stay with one day for acclimatization. It is also possible to go somewhere during the rest days. For example, side trips to either Manaslu Base Camp or Punggyen Gompa are possible from Sama Gaon, while a day hike towards the Tibetan border could also be made from Samdo. The next village after Samdo, called Dharmasala, has a temporary settlement (i.e. only one teahouse that can accommodate a large volume of trekkers!) and is open during the non-winter season only. One thing to note is that if the Dharmasala is closed, this would mean that Larke Pass is almost impassable as well; this normally happens during wintertime.

Facts

- Altitude: 5125m<
- Duration: 17 days
- Grade: Easy/Medium Hard
- Group: 2 - 15
- Country: Nepal
- Best Season: Sep to Mar, Jan to June
- Start/Ends: Kathmandu (Capital of Nepal)
- Accommodation: Hotel in Kathmandu on BB plan / Mountain lodge (tea house) in Trekking.
- Transportation: Domestic airplane and tourist vehicles
- Meals Includes: Breakfast and welcome or farewell dinner in Kathmandu / Full board in Trekking (Breakfast, Lunch & Dinner).

Itinerary

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- **Day 1** : Arrival in Kathmandu. (Breakfast, Lunch and Dinner Included)
 - **Day 2** : Sightseeing tour in Kathmandu (Breakfast Included)
 - **Day 3** : Drive Kathmandu to Soti Khola (710m) (Breakfast, Lunch and Dinner Included)
 - **Day 4** : Trek to Machha Khola (870m) (Breakfast, Lunch and Dinner Included)
 - **Day 5** : Trek to Jagat (1340m)
 - **Day 6** : Trek to Deng (1860m) (Breakfast, Lunch and Dinner Included)
 - **Day 7** : Trek to Namrung (2600m) (Breakfast, Lunch and Dinner Included)
 - **Day 8** : Trek to Lho (3180m) (Breakfast, Lunch and Dinner Included)
 - **Day 9** : Trek to Samagaun (3840m) (Breakfast, Lunch and Dinner Included)
 - **Day 10** : Acclimatizing day at Samagaun (Breakfast, Lunch and Dinner Included)
 - **Day 11** : Trek to Samdo (3860m) (Breakfast, Lunch and Dinner Included)
 - **Day 12** : Trek to Dharamsala (4480m) (Breakfast, Lunch and Dinner Included)
 - **Day 13** : Cross the Larke pass (5218m), trek down to Bhimtang (3720m) (Breakfast, Lunch and Dinner Included)
 - **Day 14** : Bhimtang to Tilije (2300m) (Breakfast, Lunch and Dinner Included)
 - **Day 15** : Trek to Dharapani and drive to Beshishar (760m) (Breakfast, Lunch and Dinner Included)
 - **Day 16** : Drive back to Kathmandu from Besisahar (Breakfast, Lunch and Dinner Included)
 - **Day 17** : Final transfer to airport for your flight to home. (Breakfast Included)

Note: The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on info@xtremeclimbers.com for further details.

Cost Includes

Full Board Service Includes

- Airport Pick up and Transfer to the hotel by private Car/Van as per group size .
- Three night's 3*** Hotel in Kathmandu on BB plan.
- National park permit, Trekkers' Information Management System (TIMS) Permit.
- Special Permit for trekking.
- Entire necessary paper works.
- Sightseeing around historical monuments by private car.
- Kathmandu to Soti Khola back Kathmandu by Bus.
- All accommodations in lodges/tea houses during the treks.

- Government licence experienced, and friendly Guide & porters (1 porter for 2 clients).
- Thuraya SAT Phone (Emergency use only)
- Travel and rescue arrangements.
- Welcome and Farewell dinner at authentic Nepalese restaurant with cultural performance.
- Medical supplies (first aid kit will be available).

Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

Why we don't include cost in our website?

NOTE: To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expedition Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service). This also affects the expedition cost.
4. Request numbers of oxygen, mask and other brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in [CONTACT US](#) or login to [Xtreme Climbers](#) for any information about your selected package.

Cost Excludes

Full Board Service Excludes

- Nepal Visa fee you may obtain easily in Kathmandu airport.
- International airfare to and from Kathmandu.
- Extra night Hotel accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- All meals in Kathmandu (and also in the case of early return from mountain than the scheduled itinerary)
- Travel and rescue insurance.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, hot shower etc)

