# Round Manaslu Trekking

## Trip Facts

**Duration:** 15 days

**Trekking Destination:** Manaslu Trek

**Highest Altitude:** 5160m/16, 924 ft

**Trekking Hour:** Approximately 5-8 hours per day

**Trekking Duration:** 15 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 Machha Khola (160 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.

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# Day to Day Itinerary

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

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**Day 2:Drive from Kathmandu to Machha khola (930m), 160 Km, (8-9 hours), O/N at Lodge**

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**Day 3:Trek Maccha Khola to Jagat 1360m 21.8 km (about 7-8hours Trek), O/N at Lodge**

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**Day 4:Trek Jagat to Deng 1800m, 23.5 km (7-8 hrs Trek), O/N at Lodge**

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**Day 5:Trek Deng to Namrung Village 2630 m, 20 km, (7-8 hrs Trek), O/N at Lodge**

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**Day 6:Trek Namrung Village to Shyala 3570m, 10 km, (6 hrs Trek), O/N at Lodge**

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**Day 7:Trek Shyala – Samagaon, 3530m, 9 km (3-4 hours), O/N at Lodge**

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**Day 8:Acclimatization at Samagaon - MBC- Pungyen gompa 4400m - Samagaon, 11 km, 7 hours for exploration, O/N at Lodge**

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**Day 9:Trek Samagaon – Samdo, 3860m, 5.7 km (3-4 hours Trek), O/N at Lodge**

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**Day 10:Trek Rest Day in Samdo, O/N at Lodge**

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**Day 11:Trek Samdo - Dharamsala 4460m, 3 km (4 hours Trek), O/N at Lodge**

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**Day 12:Trek Dharamsala - Larkya Pass, (5160m)-Bimthang (3720m), 18 km, 9-10 hours Trek, O/N at Lodge**

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**Day 13:Trek Bimthang – Dharapani 1860m, 21 km (6-7 hours Trek) O/N at Lodge**

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**Day 14:Drive Dharapani - Kathmandu 245 Km, 9-10 hours, O/N at Hotel**

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**Day 15: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.

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