



Manaslu Trekking

Day 01: Pick up from International airport

Welcome to Nepal. Boundless Adventure's airport representative receives you at the international airport and transfers you to the hotel by private air-conditioned vehicle. After a short refreshment at the Hotel, we meet again to talk about the further schedule and give you an overview regarding the following days. Overnight at the Hotel.

Note: You can get a local SIM card and exchange it nearby the Get no 1 of the International airport.



Day 02: Kathmandu sightseeing

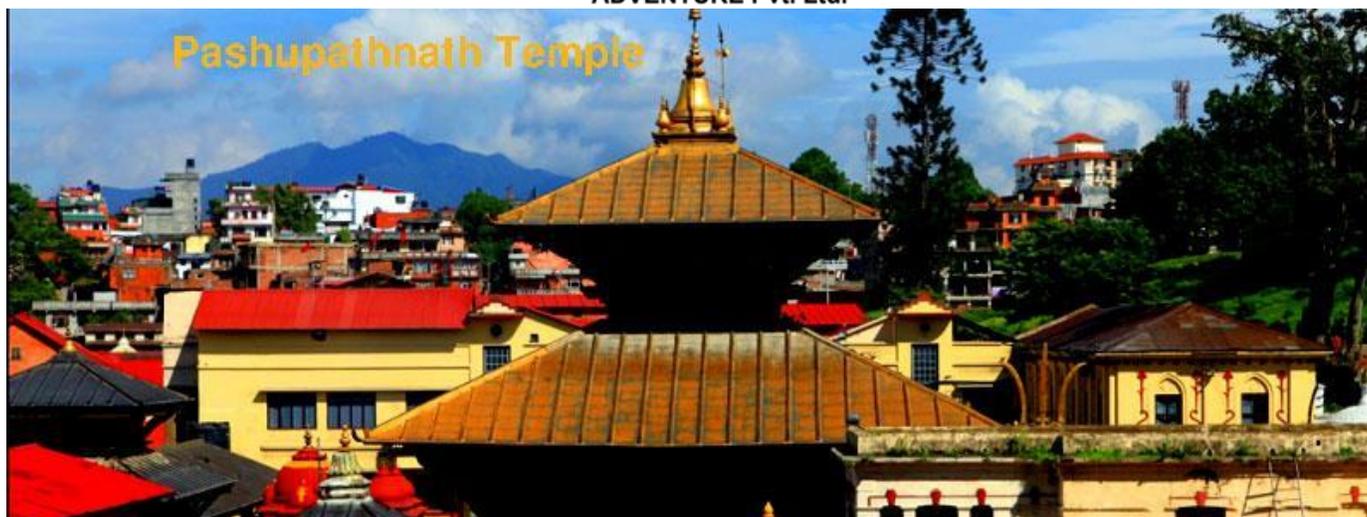
Exploration of the medieval cultural vistas offers a new cultural delight with a tour guide and driver. Having breakfast, enjoy the cultural sightseeing day tour around the UNESCO listed Hindu and Buddhist pilgrimage destinations that are highly renowned among the wanderers. A guided tour revolves around four impressive sites, including Kathmandu Durbar square, Pashupatinath Temple, Boudhanath Stupa, and Swayambhunath Stupa. The historical and cultural facts of these amazing spiritual sites are just outstanding. Walking around and exploring the magical sites offer you a new impression. Then, we drive back to the hotel and take a rest.

Boundless Adventure Pvt. Ltd.

info@boundlessadventure.com

<https://boundlessadventure.com/manaslu-trekking>

Viber/WhatsApp: +977 9851033819



Day 03: Jeep drive to Machha Khola

From Kathmandu, we leave early right after having breakfast through the fine but winding road. After a short drive leaving the Prithvi Highway, off-road begins, this is a bit dusty and narrow too but the view of the surrounding landscape is excellent. Aarughat Bazaar used to be the gateway of the Manaslu trekking, where we check-in and drive continuously to Machha Khola, We enjoy the terraced hillside and rice fields during our driving hours. Overnight at the Hotel. Overnight at the hotel.



Boundless Adventure Pvt. Ltd.

info@boundlessadventure.com

<https://boundlessadventure.com/manaslu-trekking>

Viber/WhatsApp: +977 9851033819



Day 04: Trek to Jagat

Hiking towards Khorlabesi from Machha Khola after having breakfast, we cross a stream and cross it, which directs us to Tatopani, which has got a small natural hot spring, where you can feel relaxed and taken as a natural medication for various skin diseases. The trek frequently takes us to the Budi Gandaki River beach crossing suspension bridges over the River. The next destination we reach is Dovan after a couple of uphill and downhill treks. Then we cross the Yaru Khola and begin to climb Thado Bharyang (steep uphill stone staircases). Then we cross the Riverbank, climb over a ridge, and reach Jagat. Overnight at the lodge.



Day 05: Trek to Philim

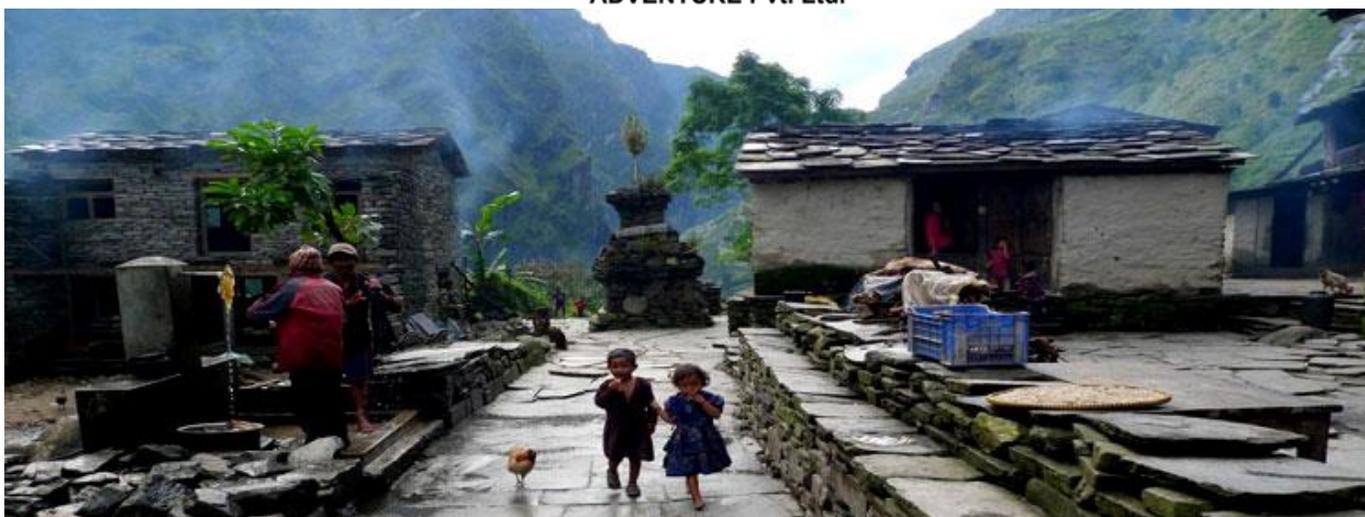
The restricted area of the Manaslu region begins from Jagat. After having breakfast, today we head towards Salleri through the uphill track and again hike down to Sirdibas. Following the straightforward route, we reach Ghatta Khola, cross the steel bridge, and reach Philim. Of course, the journey is pretty much tough through the stone stairs. The surrounding is amazing, which is dotted by the millet fields and various other greeneries. We have lunch on the way, reach Ekle Bhatti and walk continuously through the narrow gorge, then the broadways embark that encounters with Deng Khola and reach a small Deng village. Overnight at the lodge.

Boundless Adventure Pvt. Ltd.

info@boundlessadventure.com

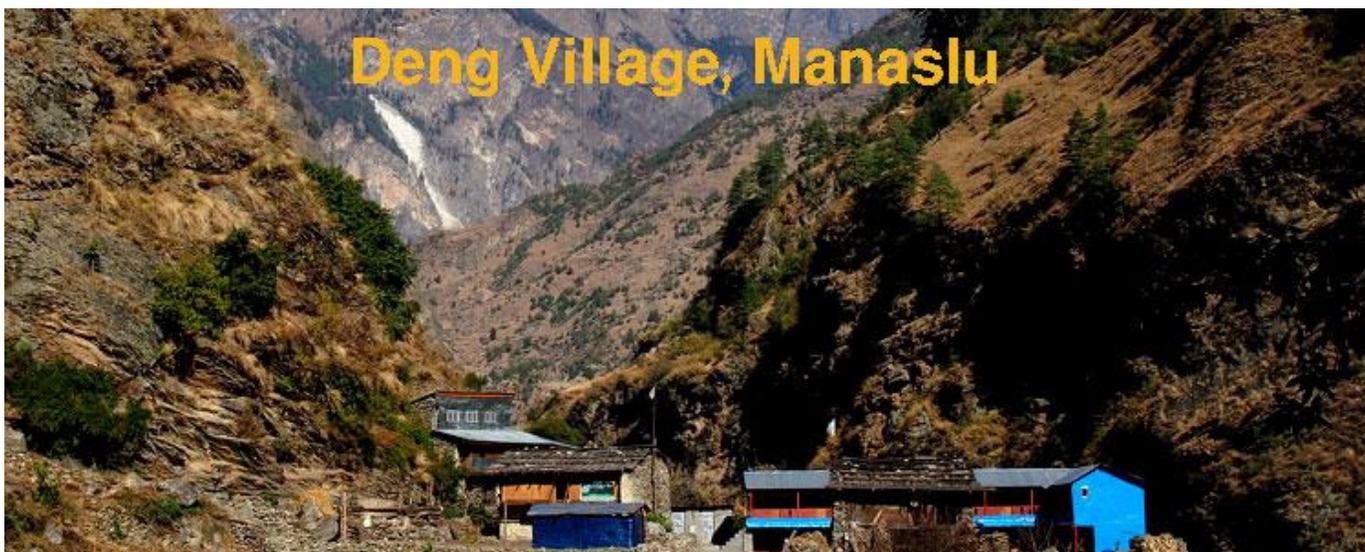
<https://boundlessadventure.com/manaslu-trekking>

Viber/WhatsApp: +977 9851033819



Day 06: Philim to Deng

Having breakfast at Deng, a hamlet, we cross the bridge and hike uphill to the Rana village. Heading further, we get an opportunity to explore the Tibetan Buddhist cultural scenario, including the Mani walls. The waterfalls on the route and rhododendron woods create diverse scenery. The impressive Himalayan views of Mt. Ganesh Himal and Himal Chuli keep on smiling at you. It is the ultimate destination for today. Then we take a side trip to Namla Monastery and come back to Namrung. Overnight at the lodge. (B,L,D)



Boundless Adventure Pvt. Ltd.

info@boundlessadventure.com

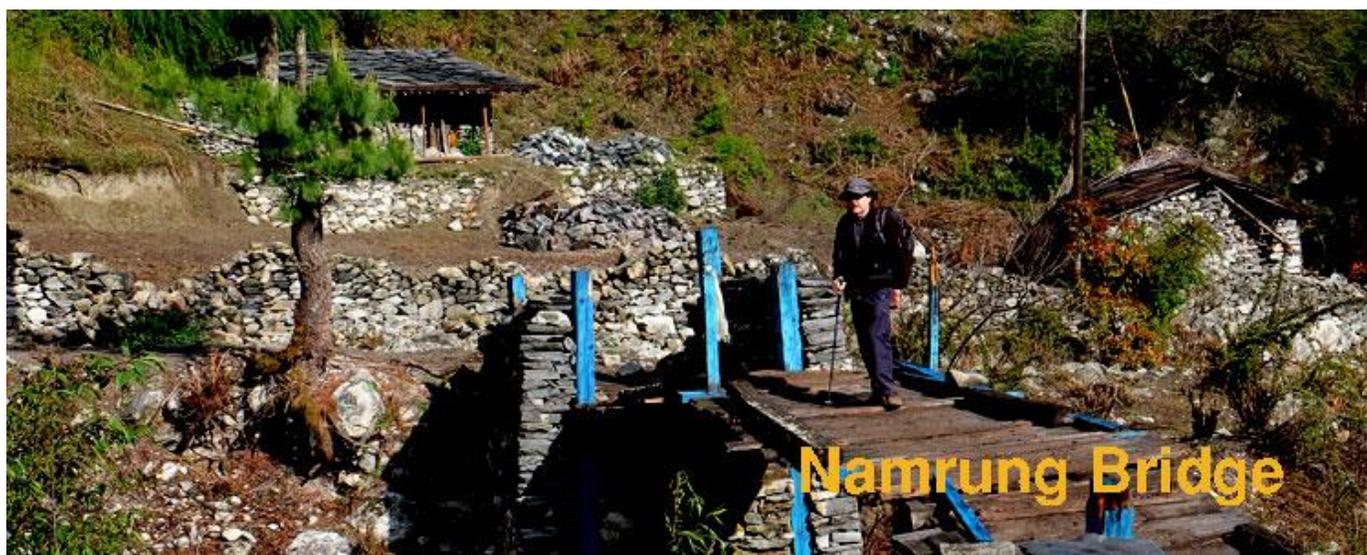
<https://boundlessadventure.com/manaslu-trekking>

Viber/WhatsApp: +977 9851033819



Day 07: Trek to Namrung

Heading from Namrung after having breakfast, we pass through the rhododendron woods and reach the Lihi village. It is amazingly located with the rewarding beauties that surround the entire village by the fields and Chhortens. Ganesh Himal shines at the horizon accompanied by Simnang Himal. Then we walk gradually to the God-gifted village of Samagaon, which is culturally an impressive destination that you will reach during the Manaslu Circuit Trekking. Overnight at the lodge.



Day 08: Trek to Samagaon

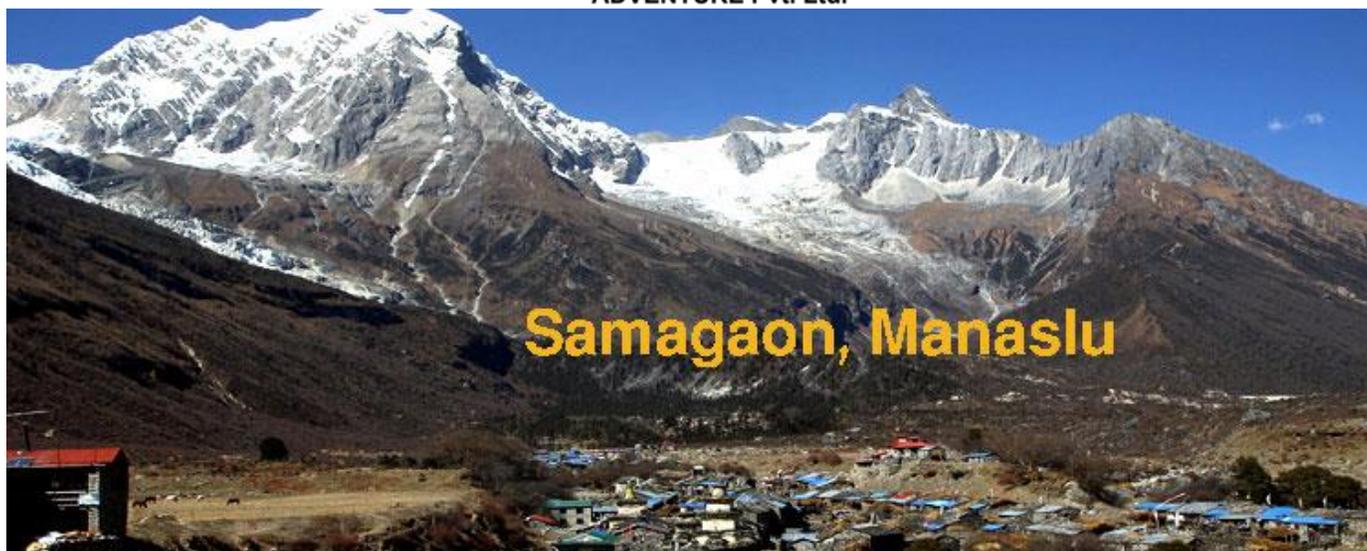
As we keep on climbing upon the higher altitude, we need to adapt to the alpine altitude. Acclimatization rest helps to avoid acute mountain sickness so that you can accomplish the mission to climb over the Larke Pass with good sleep and breathing. Have breakfast, walk around the Sama Gaon village, and explore the dynamic Tibetan Buddhist cultural scenario. Sama Gaon is a settlement of the Tibetan Buddhists, who migrated from Tibet a long time ago. Enjoy the rest of the time reading and staying warm. Overnight at the lodge. (B,L,D,A)

Boundless Adventure Pvt. Ltd.

info@boundlessadventure.com

<https://boundlessadventure.com/manaslu-trekking>

Viber/WhatsApp: +977 9851033819



Day 09: Acclimatization day

With great energy on our feet, we march from Samagaon after having breakfast. While walking further, we reach a junction, where the left route leads to the Manaslu base camp. Leaving it, we proceed through the right route, which is dotted by the juniper and birch forest. First, we climb down to the Budi Gandaki Riverside after crossing a wooden bridge. Then we climb up to Samdo, which is a beautiful Tibetan Buddhist settlement. Overnight at the Guesthouse.



Boundless Adventure Pvt. Ltd.

info@boundlessadventure.com

<https://boundlessadventure.com/manaslu-trekking>

Viber/WhatsApp: +977 9851033819



Day 10: Trek to Samdo

The increasing altitude and the Himalayan aura keep on lifting the heartbeat. Having breakfast, we hike down to the Budi Gandaki River, which we encounter for the last time on this excursion. The magnificent journey moves through the juniper forest along with the dazzling scenery of Lake La Glacier. Gradually, we reach Dharmashala, which is the last point in the Manaslu region before crossing the adventurous section of the Larke La Pass. Overnight at the Hotel. (B,L,D,A)



Day 11: Trek to Dharmashala

The journey begins early in the morning so; breakfast will be served really early. We need to make a long walk. The excursion begins around 4 am fixing the torchlight through the icy trail. The walking is not so easy, so the adventure seekers fully enjoy trekking. Climbing for a while, a few frozen Lakes appear along with the sparkling Lake glacier. The adventurous climb to the Himalayan pass above 5000 meters requires a brave heart, but once you reach there, the crown will be on your head and you just want to shout. Besides, the outstanding Himalayan peaks Mt. Annapurna, Manaslu, Himlung, and Kanguru offer smiles with fragrance. Succeeding the climb to the top, descending to Bhimthang is equally challenging. Celebrate the challenging pass with the team in the evening at Bumthang. Overnight at the Hotel.

Boundless Adventure Pvt. Ltd.

info@boundlessadventure.com

<https://boundlessadventure.com/manaslu-trekking>

Viber/WhatsApp: +977 9851033819



www.boundlessadventure.com



Day 12: Larkey Pass and Bhimthang

This is the most challenging and most exciting day of the Manaslu circuit trek. The trek begins early in the morning, ascending through the steep rock-dominated trail. Larke-La Pass is located at 5160 meters altitude, which is an enchanting view of Mt. Manaslu, Annapurna, Ganesh Himal, and the surrounding peaks. Stepping towards the Annapurna side is slippery and one has to pay special attention, especially during the snowfall. The trek leads to Bhimthan today, Overnight at the lodge.



Boundless Adventure Pvt. Ltd.

info@boundlessadventure.com

<https://boundlessadventure.com/manaslu-trekking>

Viber/WhatsApp: +977 9851033819



Day 13: Trek to Tilje

Bhimthang is a picturesque village with a wide grazing meadow, rewarded by the Lamjung Himal, Mt. Manaslu, Phungi, Himlung, and Cheo Himal early in the morning along with the sunrise view over the peaks. It's the schedule and we need to move even though we don't prefer to leave such stunning peaks behind. After breakfast, we begin the excursion through the pine and rhododendron forest all the way to Karche. The vegetation and climate are great in the locality that has got a higher degree of cultivation. Then we continue to the Gho village and stretch to Tilje for the overnight stay. Overnight at the hotel.



Day 14: Drive to Kathmandu.

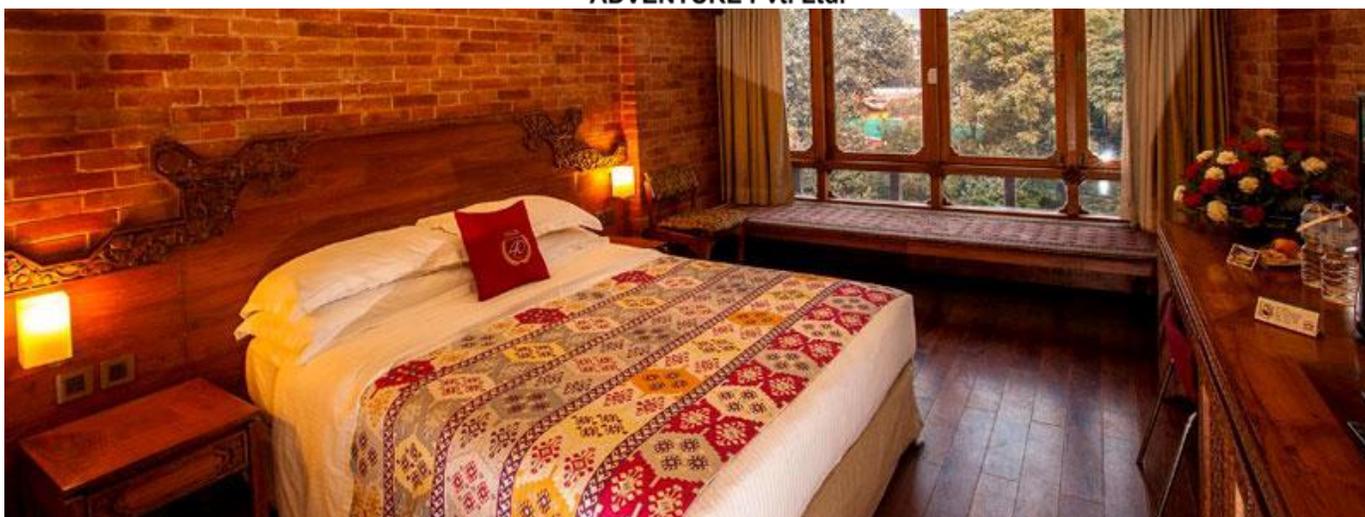
We have a less walking schedule today and more driving. Having breakfast, we embark on the excursion downhill and connect to the Annapurna Circuit Trail. Reaching Dharapani, the foothill excursion makes a full stop here and waits for a long drive to Kathmandu. The outstanding woods, terraced hillsides, waterfalls, and River valleys look amazing. The driving takes about 6 hours to reach Kathmandu, including a lunch break at Beshisahar and a transfer to the hotel.

Boundless Adventure Pvt. Ltd.

info@boundlessadventure.com

<https://boundlessadventure.com/manaslu-trekking>

Viber/WhatsApp: +977 9851033819



Day 15: Everest explore day

Besides trekking, if you are still looking for further adventure activities like one hour Everest Base Camp explore by [plane](#) or by [Helicopter](#) Let us know. paragliding, we set out for the activities. Otherwise, the representative of Boundless Adventure Company drops you at the airport on your schedule by private vehicle. Thank you for letting us serve you during your adventure trekking in Manaslu Circuit trekking, Overnight at the hotel.



Boundless Adventure Pvt. Ltd.

info@boundlessadventure.com

<https://boundlessadventure.com/manaslu-trekking>

Viber/WhatsApp: +977 9851033819



Day 16: Departure.

The representative of Boundless Adventure drops you off at the international airport at your scheduled time. Thank you for letting us serve you during your adventure trekking in Manaslu Circuit Trail. Check out time of the Hotel will be at 12:00 Noon



Cost Includes

- Picks up and drop off from the international by private a/c vehicle.
- Hotel in Kathmandu on bed and breakfast plan.
- Three meals during the trekking (Breakfast, Lunch, and Dinner) with neat and clean lodges in mountain
- Private a/c transportation for sightseeing activities with the tour guide
- Manaslu Restricted Trekking Permits
- Required paperwork for the trekking (TIMS Permits, ACAP, and MCAP Permits)
- Kathmandu-Soti Khola and Dharapani-Kathmandu by 4WD jeep
- A professional trekking guide with required porters (1 porter for 2 trekkers)
- Salary for the guide and porters, their insurance, food, accommodation, and transportation
- Trekking map

Boundless Adventure Pvt. Ltd.

info@boundlessadventure.com

<https://boundlessadventure.com/manaslu-trekking>

Viber/WhatsApp: +977 9851033819



- Duffel bag for trekking (if needed)
- Government tax.
- Sleeping Bag and Down Jackets (If needed provided only)

Cost Excludes

- Your personal expenses and shopping
- Anything extra those are not included in the list above (eg. Extra accommodation, foods, and drinks).
- Miscellaneous expenses like battery recharge, hot shower, water bottle.
- Chocolates and energy bars
- Hard drinks, red bulls, can juice, coke/Fanta
- Tips for guide and porters (expected)

Trip End

Boundless Adventure Pvt. Ltd.

info@boundlessadventure.com

<https://boundlessadventure.com/manaslu-trekking>

Viber/WhatsApp: +977 9851033819