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## Manaslu Circuit Trek - 16 Days

Manaslu Circuit Trek is a classic adventure trek in the Manaslu region of Nepal, offers an opportunity to explore and experience an epic scenery, intimate encounters with local people and their ancient culture. Manaslu Circuit Trek is one of the best treks among the classic best treks in Nepal. The Manaslu Circuit Trek opened in the year 1992 and it immediately grew in popularity because of its captivating natural essence, the exclusiveness and the untouched beauty. Situated along the border of Nepal and Tibet, in this trek we will experience and witness the culture and lifestyle of both Hindu's and Buddhists. As it is an off the beaten trails which gives a lifetime adventure experience.

The Manaslu Trek (or Manaslu Circuit Trek) is a tea-house trek which takes you around Manaslu, the world's eighth highest mountain at 8,163 meters (26,781 ft). The circular trek around Manaslu is a part of great Himalayan treks. Flanked by the Annapurna's to the West and Ganesh Himal to the East it is one of the most graceful of the 8000-meter giants. Manaslu Circuit trek is remote, physically demanding, culturally enriching and scenically uplifting. The circuit takes you from the steamy lowlands with their terraces of rice and millet, through the mighty gorges of the Budhi Gandaki with its turquoise waters and amazing waterfalls. Suspension bridges here are in a league of their own for both length and height, and the yearly monsoon often wash minor bridges away leaving trekkers to use semi-submerged rocks.

The Manaslu Circuit Trek begins with a scenic drive from Kathmandu to SotiKhola via Arughat which approximately takes the whole day. On the following day, our trek begins to MachhaKhola. During the trek, we pass through beautiful forests, ridges, rice terraces and crossing suspension bridges. After trekking for about four days, we arrive at Deng, from there onwards we are rewarded by appearances of snowcapped peaks. As we continue trekking, we cross a small villages then further reaching to Namrung village where it's an amazing viewpoint for Ganesh Himal (7,422m) and Mt. Himalchuli (7,893m). Trekking a bit further, we will arrive at the highest village in Budi Gandaki valley; the Samagaon village. We acclimatize at this village the following day and then continue our trek, heading towards Samdo and we take another acclimatize day before Dharamsala. At this point, we are rewarded with the astonishing views of Larkya Glacier and the Larkya peak. The challenging part of trek awaits as we cross the Larkya La Pass (5100m) then we descent down to Bhimthang, Tilije, Chamje and drive to BesiShahar and Kathamandu.



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## PRICE INCLUDES

- Local transfers for your international flight x 2 (arrival/ departure)
- Manaslu & Annapurna Area Permit and Restricted Area Permit
- Kathmandu to Soti Khola to Kathmandu (starting point/ending point of the trek) by private jeep
- One English speaking experienced guide and porter (1 porter for 2 trekkers)
- 4 nights' accommodation in a Kathmandu hotel (Hotel Holy Himalaya or similar)
- All night accommodation in mountain teahouses
- All breakfast, lunch and dinner while on trek
- Farewell dinner in Kathmandu
- Staff insurance and necessary ground transport for support staff

## PRICE EXCLUDES

- International flight ticket and Nepal Entry Visa
- Personal travel insurance (Which should include coverage for trekking)
- Lunches and dinners in Kathmandu, except the farewell dinner
- Personal gear for trekking (Including any you may wish to hire in Kathmandu), any personal expenses (i.e. soft and alcoholic drinks, snacks etc.)