

# Manaslu Circuit Trek – Autumn 2025

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

## COUNTRY

Nepal

## ACTIVITY

Trekking

## ACCOMMODATION

Hotel/Lodges/Teahouse

## WALKING

4-6 hrs

## MAX ALTITUDE

5,106

m

## DURATION

16

Days

## DIFFICULTY

Moderate

Difficult

## GROUP SIZE

5

People

## Expedition Overview

The **Manaslu Circuit Trek** is truly **one of the most scenic treks in Nepal**, offering breathtaking mountain views and a peaceful trekking experience away from the busy trails of Everest and Annapurna. This trek takes you around **Mt. Manaslu**, the **eighth-highest mountain in the world**, and through remote Himalayan villages where Tibetan culture and Buddhist traditions are still part of daily life.

If you're looking for **trekking in Nepal** that gives you both adventure and culture, the Manaslu Circuit is the perfect choice. With our **experienced Sherpa guides**, top-notch services, and safety-focused approach, 14 Peaks Expedition makes sure your journey is smooth and unforgettable.

## INCLUDES

- 1. Airport pick-up & drop-off –
- 2. 4 nights in a 5-star Kathmandu hotel (Bed & Breakfast) –
- 3. Experienced English-speaking trekking guides & Sherpa team –
- 4. All necessary trekking permits (Manaslu Conservation Permit, restricted area permit, etc.) –
- 5. 3 meals a day during the trek, tea/coffee included –
- 6. Clean & cozy lodges/tea house stays during the trek –
- 7. Private transportation Kathmandu ? Maccha Khola / Besisahar ? Kathmandu –
- 8. Guided Kathmandu sightseeing tour (Swayambhunath, Boudhanath & Pashupatinath temples) –
- 9. Comprehensive first-aid kit & safety support –
- 10. Duffle bag, T-shirt, sun hat and neck warmer from 14 Peaks Expedition –
- 11. Staff wages, food, insurance, and proper gear –

## EXCLUDES

- 1. International flights –
- 2. Nepal entry visa (approx. \$50 USD for 30 days) –
- 3. Meals in Kathmandu (except mentioned) –
- 4. Travel insurance covering high-altitude trekking & emergency evacuation (required) –
- 5. Extra nights in Kathmandu (due to delays or personal reasons) –
- 6. Internet, phone calls, laundry, and hot showers during the trek –
- 7. Camera, drone & filming permits (if needed) –
- 8. Tips for your guide & porters (highly appreciated) –

# Trip Itinerary

Days	Program	Meals	Accommodation	Description
-	Departure from Kathmandu	B	-	
1	Arrive in Kathmandu (1,400m) & transfer to your hotel	D	Hotel	
2	Preparation & Gear Check and Rest in Kathmandu	B/D	Hotel	
3	Drive to Maccha Khola (900m)	B/L/D	Lodge	
4	Trek to Jagat (1,410m)	B/L/D	Lodge	
5	Trek to Pawa (2,080m)	B/L/D	Lodge	
6	Trek to Numrung (2,630m)	B/L/D	Lodge	
7	Trek to Lho (2,950m), first stunning views of Manaslu	B/L/D	Lodge	
8	Trek to Sama Gaon (3,440m), a beautiful mountain village	B/L/D	Lodge	
9	Acclimatization hike to Manaslu Base Camp (4,800m) or Pungyen Gumba	B/L/D	Lodge	
10	Trek to Samdo (3,875m), close to the Tibetan border	B/L/D	Lodge	
11	Trek to Dharmasala (4,470m), base of Larke Pass	B/L/D	Tea House	
12	Cross Larke La Pass (5,106m), trek down to Bhimthang (3,720m)	B/L/D	Lodge	
13	Trek to Dharapani, drive to Besisahar	B/L/D	Lodge	
14	Drive back to Kathmandu	B/L/D	Hotel	
15	Free / contingency day in Kathmandu	B	Hotel	

## Trekking Gear List

### Travel Documents

Valid Passport   Debit/Credit Card   PP Size Photos(4 Pieces)  
Insurance Paper/Certificate   Summit Down Suit – 8000M

### Medicine / First Aid Kits

Paracetamole

### Upper Body

Thermal Base Layer   Fleece Jacket   Gore Tex Jacket  
Warm Jacket   Wind Proof Jacket   Down Jacket   Cotton T-Shirt

### Lower Body

Trouser   Bottom Base Layer   Fleece Trouser   Gore Tex Pant  
Heavy Weight Pant   Mid Weight Pant   Trekking Pant  
Under Wear   Down Pant   Gaiters for Trekking Boots  
Climbing Boot -6000m   Normal Socks   Summit Socks  
Trekking Shoes   Thermal Bottom Base Layer   Trekking Pants

### Foot Wear

Summit Boot - 8000m   Sport Shoes

### Hand

Thin Fleece Gloves   Wind Stopper Gloves   Heavy Gloves(Guide)  
Summit Gloves

### Head

Sun Cap   Desert Cap   Fleece Hat/Warm Hat   Neck Gaiter  
Snow Goggles   Balaclava

### Eating & Drinking

Water bottle   Thermos

### Bag Packs

Rucksack 35L-50L   Duffle Bag   Dry Bags

### Miscellaneous

Trekking Pole   Pocket Knife   Nail Cutter   Umbrella/Rain Coat  
Hot Water Bag   Pee Bottle   Tenacious Tape Repair  
Altimeter Watch   Satellite Phone(Optional)   GPS Tracker  
Power Bank   Camera   GPS Tracker