



Manaslu and Annapurna Circuit Trek

Facts

Destination: Nepal

Trip Difficulty: Strenuous

Trip Style: Lodge to Lodge Trek

Transport: Private Vehicle / Tourist Bus

Food: Breakfast + Lunch + Dinner

Accommodation: Hotel + Teahouses + Lodges

Group Size: Min 2

Max Elevation: 5,416 meters



Manaslu and Annapurna Circuit Trek is an incredible expedition that combines two of the mainstream trekking routes of the Himalayan region in a single itinerary. This 20 Day-



Manaslu with Annapurna Circuit Trek takes you across scenic landscapes, popular highlights, religious landmarks, and the vibrant traditional high Himalayan settlements of both Manaslu and [Annapurna regions \(https://www.marveladventure.com/people-and-culture-of-annapurna-region\)](https://www.marveladventure.com/people-and-culture-of-annapurna-region) . Besides the exploration of the Manaslu Conservation Area and [Annapurna Conservation Area \(https://dnpwc.gov.np/en/conservation-area-detail/68/\)](https://dnpwc.gov.np/en/conservation-area-detail/68/) , you will also take on two of the fascinating high Himalayan passes, like **Larkya La Pass [5,106 meters/ 16,751 feet]** and **Thorong La Pass [5,416 meters/ 17769 feet]** in this expedition.

Following the circumnavigating trails around the eight-highest mountain in the world, [Mt. Manaslu \(https://www.marveladventure.com/manaslu-trekking\)](https://www.marveladventure.com/manaslu-trekking) [8,163 meters/ 26,781 feet], during the first part of this adventure, you will then move along the exploration of the foothills of the tenth-highest mountain in the world, Mt. Annapurna [8,091 meters/ 26,545 feet]. Manaslu Annapurna Circuit Trek is a remarkable Himalayan adventure if you are looking for an extended adventure to explore the magnificent regions beneath two of the towering massifs in the Himalayas.

Highlights

- A circumnavigating adventure of the two 8,000-meter class mountains in the Himalayas: Manaslu [8,163 meters/ 26,781 feet] and Annapurna [8,091 meters/ 26,545 feet]
- Exploration of the diverse flora and fauna of the Manaslu Conservation Area (est 1998) and Annapurna Conservation Area (est 1985)
- Traversing across two high Himalayan passes, Larkya La Pass and Thorong La Pass
- Incredible views of the Himalayan peaks like Manaslu, Lamjung, Annapurna, Dhaulagiri, Tukucho, Ganesh Himal, Himchuli and Gangapurna
- Glacial lakes, deep gorges, Himalayan streams, and charming waterfalls of both naturally flourishing regions

- Diverse trekking trail passing through the traditional villages of Gurung, Magar, Nubri, and Tsum ethnic group

Day to Day Itinerary

Day 01: Drive from Kathmandu to Machhakhola

Day 02: Trek from Machhakhola to Jagat

Day 03: Trek from Jagat to Deng

Day 04: Trek from Deng to Namrung

Day 05: Trek from Namrung to Shyala

Day 06: Trek from Shyala to Samagaun via Pungyen Monastery

Day 07: Acclimatization at Samagaun

Day 08: Trek from Samagaun to Samdo

Day 09: Trek from Samdo to Dharamsala

Day 10: Trek from Dharamsala to Bimthang over Larkya La Pass

Day 11: Trek from Bimthang to Dharapani

Day 12: Trek from Dharapani to Chame

Day 13: Trek from Chame to Upper Pisang

Day 14: Trek from Upper Pisang to Manang

Day 15: Exploration and acclimatization day at Manang

Day 16: Trek from Manang to Yak Kharka

Day 17: Trek from Yak Kharka to Thorong Phedi

Day 18: Trek from Thorong Phedi to Muktinath via Thorong La Pass

Day 19: Muktinath to Tatopani Drive

Day 20: Drive from Tatopani to Pokhara

Day 21: Drive back to Kathmandu on a tourist bus

Cost Includes

- Airport pick-up and drop by private vehicle
- Government license holder guide
- Strong and helpful porter with proper equipment (1 porter for 2 people)
- Salary, food, accommodation and insurance for guide and porter
- 1 night Hotel in Pokhara with breakfast
- Tea house/lodge accommodation during the trek
- Standard meals (breakfast, lunch and dinner) during the trek
- Fresh fruits every night after dinner
- All land transportation as per itinerary
- TIMS (Trekking Information Management System) card
- ACAP and MCAP entry permits
- Manaslu Restricted Area Permit
- Comprehensive first aid kit with oximeter to measure your oxygen level daily
- All government taxes and official expenses
- Duffel bag, sleeping bag, down jacket and walking poles for the trek

Cost Excludes



- International airfare and taxes
- Nepal entry visa fee
- Your Travel Insurance (compulsory)
- All the expenses of a personal nature
- Any kind of drinks and desserts during the trek
- Hotel in Kathmandu
- Tips to guide and porter (Tipping is expected)