

# Manaslu Circuit Heli Trek

**Duration:** 11 days Days

## Itinerary (Plan)

### Day 1 Arrival in Kathmandu

- **Time :** Whole Day
- **Max Altitude :** 1,350 m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

You arrive at Tribhuvan International Airport, where your trekking team welcomes you and transfers you to your hotel. After check-in, you have time to relax and recover from your journey. In the evening, a detailed briefing is conducted covering the Manaslu Circuit route, restricted area regulations, permits, altitude safety, and helicopter return logistics. Your guide will also assist with gear checks to ensure you are fully prepared for this remote Himalayan trek. This day allows you to mentally and physically prepare for the adventure ahead.

### Day 2 Helicopter Kathmandu ? Jagat ? Trek to Philim

- **Time :** 4-5 hours
- **Max Altitude :** 1,570 m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

You begin with a scenic helicopter flight from Kathmandu to Jagat, offering incredible aerial views of hills, rivers, and remote mountain terrain. Upon landing, you start trekking toward Philim, walking through narrow trails, terraced fields, and traditional villages. The route follows the Budhi Gandaki River, providing a peaceful introduction to the Manaslu region. Philim is a charming Gurung village with cultural richness and welcoming locals. This day combines both luxury and adventure right from the start.

### Day 3 Philim ? Deng

- **Time** : 5-6 hours
- **Max Altitude** : 1,860 m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

The trail continues along the Budhi Gandaki River, crossing suspension bridges and passing through dense forests and small settlements. You experience a gradual transition from lower hills to more rugged terrain. The route offers glimpses of waterfalls and narrow gorges, making the trek visually engaging. Deng is a quiet village surrounded by forested hills, providing a peaceful overnight stop. The day allows your body to gradually adapt to increasing altitude.

#### **Day 4** Deng ? Namrung

- **Time** : 6-7 hours
- **Max Altitude** : 2,660 m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

Today's trek enters a more alpine environment, with noticeable changes in vegetation and architecture. You pass through villages with strong Tibetan cultural influence, including mani walls and chortens. The trail involves steady ascents and descents, offering scenic views of surrounding hills and distant peaks. Namrung is a beautiful village with stone houses and mountain views. This marks your entry into the higher Himalayan region.

#### **Day 5** Namrung ? Shyala

- **Time** : 5-6 hours
- **Max Altitude** : 3,500 m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

As you ascend further, the landscape opens up with spectacular views of Mount Manaslu and surrounding peaks. The trail passes through forests and high-altitude settlements before reaching Shyala. This village is surrounded by mountains, offering one of the best panoramic viewpoints of the trek. The air becomes thinner, and temperatures drop as you gain altitude. This is one of the most visually rewarding days.

#### **Day 6** Shyala ? Pung Gyen Gompa ? Sama Gaon

- **Time** : 4-5 hours
- **Max Altitude** : 3,520 m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

You start with a morning hike to Pung Gyen Gompa, a peaceful monastery set beneath dramatic mountain backdrops. The area offers stunning glacier views and a spiritual atmosphere. After exploring, you continue a short trek to Sama Gaon, one of the largest villages in the region. Sama Gaon is rich in Tibetan culture, with monasteries and traditional lifestyles. This day is lighter in trekking but rich in cultural and scenic experiences.

#### **Day 7** Sama Gaon ? Samdo

- **Time** : 4-5 hours
- **Max Altitude** : 3,870 m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

The trail gradually ascends through open landscapes and yak pastures. You pass Birendra Tal, a beautiful glacial lake near Manaslu Base Camp. The scenery becomes more rugged and remote as you approach Samdo. This village lies close to the Tibetan border and reflects strong cultural traditions. The altitude gain is significant, so a slow and steady pace is essential.

#### **Day 8** Samdo ? Larkya Phedi (Dharmasala)

- **Time** : 3-4 hours
- **Max Altitude** : 4,460 m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

This is a shorter but important trekking day, allowing your body to prepare for crossing the high pass. The trail climbs gradually through barren landscapes and alpine terrain. Dharmasala is a basic high-altitude stop used as a staging point before Larkya La Pass. Rest and hydration are crucial here. The environment feels remote and high-altitude conditions become more noticeable.

#### **Day 9** Larkya Phedi ? Larkya La Pass ? Bhimthang (3,590 m)

- **Time** : 7-9 hours
- **Max Altitude** : 5,160 m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

This is the most challenging and rewarding day of the trek. You start early to cross Larkya La Pass, one of the most dramatic Himalayan passes. The ascent is long and demanding, but the panoramic views from the top are breathtaking. After reaching the pass, you descend carefully toward Bhimthang. The descent brings you back to greener landscapes and more oxygen-rich air. This day is a true highlight of the Manaslu Circuit.

#### **Day 10** Bhimthang ? Helicopter to Kathmandu

- **Time** : 2 hours
- **Max Altitude** : 1340m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

You explore the beautiful surroundings of Bhimthang in the morning, with views of glaciers and mountains. After breakfast, you take a scenic helicopter flight back to Kathmandu. The aerial journey offers incredible views of the Manaslu region, valleys, and rivers. This helicopter return saves several days of trekking and provides a comfortable conclusion to the adventure. Upon arrival, you transfer to your hotel and relax.

#### **Day 11** Departure or Leisure Day in Kathmandu

- **Time** : NA
- **Max Altitude** : 1,340 m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

You have free time in Kathmandu for sightseeing, shopping, or relaxation. Depending on your flight schedule, you are transferred to Tribhuvan International Airport for departure. This day allows you to unwind and reflect on your Himalayan journey. The trek concludes with unforgettable memories of remote landscapes and high mountain passes.

### **Cost Include**

- Pre-trek briefing in Kathmandu

- Airport pick-up and drop-off services in Kathmandu
- 2 nights' accommodation in a 4-star category hotel in Kathmandu on a twin-sharing basis, including daily breakfast
- Scenic helicopter flight from Kathmandu to Jagat for a luxury start to the trek
- Helicopter flight from Bhimthang to Kathmandu, saving multiple days of descent trekking
- Experienced, government-licensed English-speaking trekking guide
- Porter service (1 porter for every 2 trekkers)
- All guide and porter expenses, including salary, insurance, meals, accommodation, and equipment
- Twin-sharing accommodation in the best available deluxe teahouses/lodges throughout the trek
- Three meals per day (breakfast, lunch, and dinner) during the trek
- Fresh seasonal fruit during the trek
- Manaslu Restricted Area Permit (special restricted trekking permit)
- Manaslu Conservation Area Permit (MCAP)
- Annapurna Conservation Area Permit (ACAP)
- TIMS Card (if applicable)
- Sleeping bag and duffel bag for use during the trek (returnable after the trip)
- First Aid Medical Kit (Carried by the guide) Aarogya PC-303 Portable Vital Signs Monitor Device
- Government taxes and office service charges
- Emergency evacuation coordination assistance (evacuation costs covered by the traveler's travel insurance)
- Welcome or farewell dinner in Kathmandu at a cultural restaurant (complimentary)

## Cost Exclude

- Nepal entry visa fee
- International airfare to and from Nepal
- Travel insurance (mandatory, including high-altitude trekking and helicopter evacuation coverage)
- Lunch and dinner in Kathmandu
- Personal trekking equipment and clothing
- Personal expenses (laundry, Wi-Fi, battery charging, hot showers, telephone calls, etc.)
- Alcoholic beverages, soft drinks, bottled water, and snacks not included in the itinerary
- Extra nights in Kathmandu due to weather delays, flight cancellations, or early return
- Tips and gratuities for guides, porters, and helicopter crew (optional but appreciated)
- Emergency evacuation costs not covered by insurance or outside itinerary scope
- Any services or expenses not specifically mentioned under Package Includes