



# Terrablaze Adventures

🌐 [TerrablazeAdventure.com](http://TerrablazeAdventure.com)  
Kathmandu, Nepal

## Ultimate Manaslu Circuit Journey via Arughat – 14 Days



### SHORT MANASLU CIRCUIT TREK • VIA ARUGHAT •

**LEGENDS**

- Trek (dashed orange line)
- Drive (solid blue line)
- Overnight Hotel (blue circle with 'H')
- En Route (blue circle with 'E')
- Pass/Crossing (orange circle with 'P')
- Alternate Route (dashed grey line)

**Map Details:**

- Start: **KATHMANDU** (Day 1, 2, 13)
- Malekhu (En Route)
- Dhading Besi (En Route)
- Arughat (En Route)
- Sotikhola (En Route)
- Maccha Khola (900m) (En Route)
- Jagat (1,340m) (En Route)
- Dang (1,865m) (En Route)
- Namrung (2,630m) (En Route)
- Sama Gaon (3,520m) (En Route)
- Samado (3,875m) (En Route)
- Larka La Pass (5,165m) (Pass/Crossing)
- Birtang (3,590m) (En Route)
- Dharapani (1,930m) (En Route)
- Syange (En Route)
- Dharamsala (4,460m) (En Route)
- End: **BESISAHAR** (En Route)

**Additional Info:**

- WhatsApp: +977 9816261447
- [www.terrablazeadventures.com](http://www.terrablazeadventures.com)
- Kathmandu, Nepal

**Time and destinations definitely are customizable based on your preferences.**

DAY	ITINERARY
Day 1	Arrival in Kathmandu (1,400m/4,593ft) - Transfer to Hotel
Day 2	Kathmandu Sightseeing (1,400m/4,593ft) - Trek Preparation
Day 3	Drive from Kathmandu to Machha Khola (900m/2,952ft) – 7 to 8 hours' drive
Day 4	Trek from Machha Khola to Jagat (1,340m/4,396ft) – 6 to 7 hours trek
Day 5	Trek from Jagat to Deng (1,865m/ 6,118ft) - 6 to 7 hours trek
Day 6	Trek from Deng to Namrung (2,630m/ 8,627ft) - 5 to 6 hours trek
Day 7	Trek from Namrung to Sama Gaon (3,520m/ 11,549ft) - 7 to 8 hours trek
Day 8	Acclimatization Day in Sama Gaon
Day 9	Trek from Sama Gaon to Samado (3,875m/ 12,713ft) - 3 to 4 hours trek
Day 10	Trek from Samado to Dharamsala via Larkya Base Camp (4,460m/ 14,633ft) - 4 to 5 hours trek
Day 11	Trek from Dharamsala to Bimtang (3,590m/ 11,778ft) via the Larkya La pass (5,165m/16,929ft) - 8 to 9 hours trek
Day 12	Trek from Bimtang to Tilije (2,300m/7,546ft) – 6 to 7 hours trek
Day 13	Drive from Tilije to Kathmandu (1,400m/4,593ft) – 8 to 9 hours' drive
Day 14	Final departure from Nepal

## Manaslu Circuit : A Once-in-a-Lifetime 14-Day Trek

Prepared By	Prepared By <b>Mr Hussain</b>
Prepared for Specially	Lead Guest <b>Mr Balius</b>
Number of clients	2 Adults
Room preference	Boutique Hotel and Tea House
Tour Guide	Ming Temba Sherpa
Departure Date	August 09 - 14
Trek length	13 Nights / 14 Days
Tour type	Private Tour
Start – Ending Points	Kathmandu - Everest Base Camp – Kathmandu
Arrival flight on	Kathmandu
Departure flight on	Sydney
Price per pax	<b>\$1050</b> Per Adult <b>Land Package</b> and On Arrival Visa For Australian Passport Holder. <b>(Excluding Flight)</b>
Total	

## Day 1 :Arrival in Kathmandu (1,400m/4,592ft) - Transfer to Hotel and Trek Preparation



### Arrival in Kathmandu, transfer to hotel, and trek preparation

Welcome to the mountainous country of Nepal. After arrival at the Tribhuvan International Airport in Kathmandu, you will be greeted by our team at the international terminal. They will transfer you to the hotel 5 km away in Thamel. Take some rest, then head out to visit our office's team and your guide.

The rest of the day is spent strolling around the streets of Thamel and, in the evening, enjoying authentic Nepali meals.

### Overnight stay in Kathmandu.

## Day 2 : Kathmandu Sightseeing (1,400m/4,593ft) - Trek Preparation



You will take a day tour around Kathmandu's important religious and cultural sites with your guide. But before that, you will be quickly briefed about the Manaslu trek, and then the guide will assist in getting all the permits and documentation ready. You can also buy/hire needed gear and equipment for the trekking.

After that, you can visit Kathmandu Durbar Square, located in Basantapur, Freak Street. Make sure you visit the Hanuman Dhoka Museum, once the palace of the reigning Shah dynasty.

If time permits, also visit the Boudhanath Stupa, one of the biggest stupas in Asia. It is located north of the city, and a Buddhist community inhabits the locality. After circumambulation and clicking pictures, you can try their local cuisine before you head back to your hotel for the night.

**Overnight stay in Kathmandu.**

## Day 3 : Drive from Kathmandu to Machha Khola (900m/2,952ft) – 7 to 8 hours' drive



This is the day when you will be leaving for the trek as you drive from Kathmandu city to Machha Khola. You will pass the Kathmandu valley towards Dhading Besi. The road can be tricky in some areas due to construction. The drive will take you northwest to the village of Arughat, sitting on the opposite side of the Budhi Gandaki River.

From Arughat, the road goes to Sotikhola, where some parts of the road are graveled. Passing through the Gurung and Magar villages, you will reach Soti Khola, then pass on to Machha Khola. You will enjoy the views of Shringri Himal on the way.

**Overnight stay in Machha Khola.**

## Day 4 : Trek from Machha Khola to Jagat (1,340m/4,396ft) – 6 to 7 hours trek



Trekking starts from this day, with the initial leg following a narrow trail through Khoralabesi. You will also cross a natural hot spring called Tatopani, where you can stop briefly to relax your feet or have a warm bath. After lunch, you can climb the ravine and cross a bridge over the Budhi Gandaki River. In 2 to 3 hours of trek, you will reach Dobhan. Following a lovely trail with waterfalls and wildflowers, cross a suspension bridge and ascend the hill. You have to cross a long wall-hanging bridge to reach a rock wall at Yaruphat, where you can click pictures for memory.

Walking for another 2 hours will get you to Jagat, the gateway to the Manaslu region's restricted area. Here you need to show your permit and documentation as asked by officials. You will get to Philim village in a short while, where you will stay for the night. From the village, amazing views of mountain ranges such as Tewa Himal (6,008m), Lumbo Himal (6,250m), Lapuchen (5,996m), Dwijen Himal (6,309m), and Shiringi Himal (7,161m) are visible.

**Stay overnight in Jagat.**

## Day 5 : Trek from Jagat to Deng (1,865m/ 6,118ft) - 6 to 7 hours trek



Start your trek from Jagat towards Deng early in the morning. The trek initiates with a gradual uphill walk in the Budhi Gandaki River valley. There is a wonderful bridge that leads to a waterfall a little further. Passing by pine forests, you will walk along the gorges of the Gandaki river and then on towards Deng.

### **Overnight stay in Deng.**

## Day 6 : Trek from Deng to Namrung (2,630m/ 8,627ft) - 5 to 6 hours trek

You will begin your trek from Deng to Namrung, passing by beautiful alpine valleys and small villages. The villages have traditional stone houses and picturesque views of mountains and greenery. You might come across mani walls, chortens, and prayer flags along the way. As you walk north, you will reach closer to the Tibetan border, so there are signs of Tibetan Buddhist communities.

Namrung is only 6 km away from Namrung, so most people speak Tibetan and follow the culture.

### **Overnight in Namrung.**

## Day 7 : Trek from Namrung to Sama Gaon (3,520m/ 11,549ft) - 7 to 8 hours trek



From Namrung, you will walk towards Sama Gaon while enjoying amazing views of mountains like Ganesh, Singri, Boudha, Himchuli, and, most importantly, Manaslu. On the way, you will pass the villages of Lih, Sho, Lho, and Shayla, which are predominantly inhabited by the Tibetan Buddhist community.

As you reach Sama Gaon, you will be mesmerized by the views of mountain Manaslu. This village is also called the 'gateway to Manaslu and is worth taking a day roaming around and exploring.

### **Overnight in Sama Gaon.**

## Day 8 : Acclimatization Day in Sama Gaon



On this day, you will rest and explore the nearby areas in Sama Gaon. After breakfast, you can head out to the streets and interact with the villagers to understand their way of life. You can take a walk to the Pung Gyan Monastery, near the base of Hiunchuli and Nadi Chuli. Tibetan traditions heavily influence the area.

If you want some exciting challenge, then you can trek up to Manaslu Base Camp and return, which will take the entire day. If not Manaslu Base Camp, you can visit Birendra Tal, a turquoise glacial lake surrounded by the snow-capped mountains in the Nubri valley. After your exploration, return to your tea house.

**Overnight in Sama Gaon.**

## Day 9 : Trek from Sama Gaon to Samado (3,875m/ 12,713ft) - 3 to 4 hours trek



After breakfast, you will walk off from Sama Gaon to Samado. The initial path takes you to Khermo Kharka, a green pasture with lined mani walls. There are two paths from there on, one which leads to Manaslu Base Camp and the other to Samado. Taking the Samado trail, you will walk past the Manaslu Glacier. Following the birch and rhododendron forest ascends to the village of Samado, which is filled with the Tibetan community. Samado is the last settlement before crossing the Larkya La pass. It was a popular trade route to Tibet because of the border proximity.

### **Overnight in Samado.**

## Day 10 : Trek from Samado to Dharamsala via Larkya Base Camp (4,460m/ 14,633ft) - 4 to 5 hours trek



The trek will take you from Samado to Larkya Base Camp to Dharamshala. On your trek today, you will witness clear views of Manaslu as it is in the closest proximity. Alongside the views of the massive Himalayas, you will take the circuit towards Lakya Phedi, the base of the Larkya La Pass. From the base camp, the second half of your trek takes you to Dharmashala. There are only some temporary settlements in Dharamshala.

**Overnight in Dharamsala.**

## Day 11 : Trek from Dharamsala to Bimtang (3,590m/ 11,778ft) via the Larkya La pass (5,165m/16,929ft) - 8 to 9 hours trek



This day is one of the most awaited days of the trek as you will be crossing the mighty Larkya La pass, one of the highest in Nepal. You will climb uphill to the northern side of the amazing Larkya glacier. From there, the views of Larkya Peak and Cho Peak are visible. Following the tricky moraines of the glacier, you will hike up to the Larkya La Pass. This is the most challenging yet exciting day of the entire trek.

From the high point of the pass, you can witness mesmerizing views of Cheo Himal, Himlung, Kangaru, Gyaji, and even Annapurna II. After the tough climb, you will continue your way towards Bimthang and rest at a tea house.

### Overnight in Bimthang

## Day 12 : Trek from Bimtang to Tilije (2,300m/7,546ft) – 6 to 7 hours trek



Another exciting day and your final trek are towards Tilije. You will descend through a rhododendron treeline to the rocky riverbed along the hillside. The day is long, but the views are picturesque. You will eventually reach Tilje village, inhabited by the Tibetan and Chhetri community. Due to the mix of distinct cultures, you will find amazing cultures, meals, and traditions. Considering that this is the final day of the trek, you can enjoy it with the locals and your team.

**Overnight in Tilije.**

## Day 13 : Drive from Tilije to Kathmandu (1,400m/4,593ft) – 8 to 9 hours' drive



On this day, you will leave the Marsyangdi river valley and drive back to Kathmandu. It is a long drive, so you will start the day early and board the drive to Besisahar. The road is bumpy in some areas. From Besisahar, the drive continues to Kathmandu, passing farmlands and rivers.

Upon returning to Kathmandu, you will be transferred to your hotel in Thamel to take some rest after the long drive. You can enjoy your last day in Nepal at night by enjoying a local pub or club or buying souvenirs to take back home.

### **Overnight in Kathmandu.**

## Day 14 : Final departure from Nepal

After an amazing trek to one of Nepal's remote yet amazing trekking regions, you will bid farewell. Our Third Rock Adventures team will transfer you to the airport with the hopes that you will return for similar trekking experiences in different parts of Nepal.

## **QUOTATION**

- Price is in USD dollars per person
- based on double room/twin room. If there is an odd number of people, a triple room will be arranged.
- Group of 02 pax

## **CHILD FROM 04 – 09 YEARS OLD**

- Extra bed: 75% rate of adult
- No extra bed: 65% rate of adult

Child 10 years old and above: 100 % rate as adult

Child under 04 years old: free of charge (for land tour package only)

## **ACCOMMODATION:**

Accommodation bases on room type as indications. Higher room grade can be arranged subject to availability and additional charge. You may also change to lower category if you want. Just inform us. In case our selected hotels fully booked, we will offer alternative accommodation in a hotel of equal category.

	<b>Boutique Hotel</b>
<b>Hotel</b>	<b>Tea House</b>

**Note:** Hotels are subject to availability. In case the mentioned hotel is fully booked, a similar category hotel of the same standard will be provided.

## **Package Includes:**

- All transfer and quality air-conditioned vehicles
- Accommodation at Boutique Hotel selected including daily breakfast with double/twin room lunch and Dinner
- Tours with local English-Speaking Guide
- Meals as mentioned in the tour (Breakfast: B; Lunch: L; Dinner: D; Brunch: BR)
- Entrance fee for all destinations as Tour Itinerary indicated
- Bottle of water available on coach (2 bottles/pax/day)

## **Package Excludes:**

- Drinks and other meals do not indicate in the program
- Travel insurance
- Personal expenses (telephone, shopping...)
- Tipping/ Gratuities for guide and driver, suggest tip 5USD/pax/day.
- Single Supplement
- Early check in & late check out
- Any additional expenses caused by reasons beyond our control such as natural calamities (typhoon, floods), flight delays rescheduling or cancellations, any accidents, medical evacuations, riots, strikes etc.

## **ATTENTIONS**

- Check in time: after 14h00 – Check out time: before 12h00 at noon
- The itinerary and schedule are subject to change due to weather, road condition, flight, type of class and operating conditions.
- Meals are fusion on local Nepalese food / Indian Food/ or Western food/ or Halal food (Muslim's Type) with daily normal breakfast. Guests should advise any special food preferences, allergies or dietary requirements at least 01 week prior to the arrival date.
- Travel insurance (Please make sure that you buy insurance for you (or your clients) before they travel oversea)
- In case of closure for construction or any other reason, we will replace with similar destinations.
- Tipping is not compulsory and is at your discretion. If you feel you have received a good level of service, we recommend approximately \$10/pax/day for the guide. This will be collected at the end of each destination visited for your convenience.

## REMINDATIONS

- This is a quotation only. Pricing and availability of services are subject to change and cannot be confirmed until the booking is finalized and paid.
- The quotation is valid for the above-mentioned travel dates only. Any bookings made after this period may be subject to revised pricing due to changes in local economic conditions, seasonal demand, or supplier rate adjustments.
- Hotels in Himalayas may not always match international star rating standards. Tea House hotels in Himalayas can vary in quality compared to other countries.
- For flight bookings, we require the guests' full names exactly as they appear in their passports. Any changes may result in additional charges.
- Airfares and seat availability are subject to change until full payment is received and tickets are issued. Airlines reserve the right to revise fares without prior notice.
- **Terrablaze Adventure** will not be responsible for any loss, theft, or damage to personal belongings during the trip.
- Transportation and tour rates included in this quotation are based on current fuel prices. We reserve the right to adjust prices if fuel costs increase significantly or if suppliers revise their rates.
- Standard transfer timings in Nepal are between 06:00 hrs to 22:00 hrs. Surcharges may apply for late-night or early-morning transfers.
- Hotels may require a refundable security deposit upon check-in to cover incidental expenses. Some hotels may retain passports temporarily for registration purposes as per local regulations.
- We reserve the right to revise prices in case of any new government taxes, VAT changes, or other statutory levies introduced after the quotation date.
- Certain attractions, temples, or cultural sites in Nepal may be closed during local festivals, ceremonies, or public holidays without prior notice.
- During the Trek, guests must carry their original passport or valid government-issued ID throughout the journey. Trek permits and identity checks are mandatory at various checkpoints, so please ensure your identification is always accessible.
- Weather conditions in the Himalaya region may affect flights and trekking schedules. Alternative arrangements will be provided where possible, but cannot be guaranteed.
- Travel insurance is highly recommended for all travelers to cover unforeseen circumstances such as cancellations, medical emergencies, or loss of belongings.

## RESPONSIBILITIES

- **Terrablaze Adventure** acts only as an intermediary for airlines, hotels, transportation providers, trekking guides, and other third-party service providers. We shall not be held responsible for any loss, injury, accident, delay, cancellation, or damage caused by these services.
- Flight delays, cancellations, weather conditions, trail conditions, natural disasters, or other unforeseen circumstances may result in itinerary changes. While we will make every effort to provide suitable alternatives, additional costs arising from such situations shall be borne by the traveler.
- Due to the unpredictable nature of mountain weather and flight operations in the Himalayan region, the itinerary may be modified without prior notice if necessary for safety and operational reasons.
- Guests are responsible for the safety of their personal belongings, including passports, cash, electronic devices, and other valuables. **Terrablaze Adventure** will not be liable for any loss, theft, or damage to personal property during the trek.

### Payment can only be via:

- Bank transfer (Our travel consultants will show you in details in each booking)
- Credit Card (Credit Card, Visa Card, Master Card or American Express)
- Upon confirmation of a reservation, you are required to deposit 20% of the tour cost within 3 days of booking confirmation. Additional deposits are required for certain services or at certain peak dates. We will advise you of this at the time of process your booking. The rest of package tour price should be paid not less than 56 days prior to departure. All invoices will be emailed to the address supplied on the completed form up to 48 hours after bookings are made.
- If a booking is requested less than 56 days prior to the arrival date and confirmed, full payment is required before booking is processed.
- Payment can be made by: Credit card, bank transfer. All bank service charges (as may be applied by your bank and intermediate bank) are born by the payer.
- In case of payment by credit cards, an additional charge of 3% will be added for Visa and Master Card and 3.85% for American Express.

## **PAYMENT**

## **CHANGES**

In case you wish to change your booking, no charge will be applied if the amendments are not close to the deadline of cancellation (please see cancellation policy). When an amendment is made, the tour cost may change and the new price will apply.

## **CANCELLATION**

**Period before departure date Cancellation Charges as a % of total Booking price:**

- More than 56 days loss of deposit (15% per person)
- Cancellations made from 56 to 30 days prior to arrival: 30%
- Late cancellations made from 29 to 15 days prior to arrival 50%
- Late cancellations made less than 14 days or no show: 100%

Please be advised that during Peak Season (Christmas and New Year) and during Public Holidays different cancellation policies may apply. The cancellation policy for such period will be informed to client(s) case by case

## **CANCELLATION BY US**

We may cancel a trip at any time prior to departure if, due to terrorism, natural disasters, political instability or other external events it is not viable for us to operate the planned itinerary. If we cancel your trip, you can transfer amounts paid to an alternate departure date or alternatively receive a full refund. In circumstances where the cancellation is due to external events outside our reasonable control, refunds will be less any unrecoverable costs. We are not responsible for any incidental expenses that you may have incurred as a result of your booking including but not limited to visas, vaccinations, Travel insurance excess or non-refundable flights.