

Manaslu Circuit with Serang Gumba - 17 Days

The Manaslu Circuit Trek with Serang Gumba is a thrilling adventure that takes trekkers deep into the Manaslu Conservation Area, offering spectacular landscapes, rich Buddhist heritage, and a challenging yet rewarding high-altitude journey. This trek follows the classic [Manaslu Circuit](#) but includes a detour to Serang Gumba, a remote and spiritually significant Buddhist monastery hidden in the Himalayas. Along the way, trekkers pass through dense forests, traditional villages, high mountain passes, and glacial valleys, making this one of Nepal's most enriching trekking experiences.

Journey Through the Manaslu Region

The trek begins with a scenic drive from Kathmandu to Machha Khola, passing through picturesque hills, terraced fields, and riverside villages. The trail gradually ascends through Jagat, Deng, Bihi Phedi, and Ghap, where trekkers get a firsthand experience of the traditional Tibetan and [Gurung](#) cultures. The settlements along the route feature ancient monasteries, stone-carved Mani walls, and chortens that reflect the deep-rooted Buddhist traditions of the region.

As the trek continues, the landscape transitions from sub-tropical forests to alpine meadows and eventually to the high-altitude village of Lho. Here, stunning views of Mount Manaslu (8,163m) dominate the skyline. The next stop is Shyala and Samagaon, where an acclimatization day allows trekkers to explore Manaslu Base Camp or visit Pungyen Gumba, a monastery with historical and religious significance.

Exploring the Hidden Gem: Serang Gumba

A unique feature of this itinerary is the visit to Serang Gumba, a secluded monastery nestled at an altitude of 3,100m. Unlike more commercialized trekking routes, this hidden monastery remains untouched by mass tourism, making it a peaceful retreat for those seeking spiritual experiences. The monastery houses Buddhist monks who dedicate their lives to meditation and ancient rituals. The journey to Serang Gumba is an opportunity to witness authentic Tibetan Buddhist culture, interact with monks, and enjoy breathtaking views of the surrounding Himalayan peaks.

Crossing the Challenging Larkya La Pass

One of the most exciting parts of the Manaslu Circuit Trek with Serang Gumba is the crossing of Larkya La Pass (5,160m). This is the highest point of the trek and offers panoramic views of Himlung Himal, Cheo Himal, Kang Guru, and Annapurna II. The ascent is physically demanding due to the high altitude and steep terrain, but the rewards are incredible. The descent from the pass leads to Bimthang, where trekkers are greeted by stunning glacial landscapes and lush alpine forests.

Cultural and Natural Diversity of Manaslu

The [Manaslu Conservation Area](#) is home to diverse flora and fauna, including blue sheep, Himalayan Thars, and even elusive snow leopards. The changing vegetation, from rhododendron forests at lower altitudes to barren, rocky landscapes near the high passes, showcases the region's incredible biodiversity. Along the trail, trekkers also encounter traditional villages such as Samdo and Dharamsala, where the influence of Tibetan culture is prominent.



The Tibetan refugee settlement in Samdo is a fascinating place to visit, where trekkers can learn about the challenges faced by Tibetan migrants who have preserved their cultural traditions in the Himalayas. The prayer wheels, Mani stones, and beautifully carved chortens along the route make the journey a spiritual experience, reminding trekkers of the deep-rooted Buddhist heritage of the region.

Permits and Entry Requirements

Since the Manaslu region is a restricted area, trekkers need to obtain the following permits:

- Manaslu Restricted Area Permit (MRAP) – required for the stretch between Jagat and Samagaon.
- Manaslu Conservation Area Permit (MCAP) – necessary for entering the Manaslu Conservation Area.
- Annapurna Conservation Area Permit (ACAP) – required after crossing Larkya La Pass and entering the Annapurna region.
- Tsum Valley Permit (optional) – needed if trekkers want to extend their journey to the sacred [Tsum Valley](#).

All permits must be arranged through a registered trekking agency, and trekkers are required to be accompanied by a licensed guide due to the restricted status of the area.

Best Time to Trek Manaslu Circuit with Serang Gumba

The ideal seasons for trekking in the [Manaslu region](#) are:

- Spring (March-May): Rhododendron forests bloom, the weather is stable, and the views are crystal clear.
- Autumn (September-November): The skies remain clear, the temperatures are moderate, and the trails are at their best.
- Winter (December-February): Trekking is possible but challenging due to snowfall, particularly at Larkya La Pass.
- Monsoon (June-August): The trail can be slippery due to rain, and landslides may disrupt travel plans.

Trek Difficulty and Preparation

The Manaslu Circuit with Serang Gumba is a demanding trek that requires a good level of physical fitness and prior trekking experience. The high-altitude terrain, long trekking days, and steep ascents and descents make this a challenging route. To prepare for this trek, it is recommended to:

- Engage in cardiovascular and strength training at least two months before departure.
- Acclimatize properly by following a gradual ascent and including rest days.
- Stay hydrated and follow a balanced diet to maintain energy levels.
- Carry proper high-altitude trekking gear, including warm clothing, sturdy trekking boots, and sleeping bags suitable for sub-zero temperatures.

Alternative Trekking Routes and Extensions

For those looking to extend their journey or explore alternative routes, options include:

- Tsum Valley Trek – a sacred Himalayan journey known for its ancient monasteries and unique Tibetan-influenced culture.
- [Annapurna Circuit Trek](#) – an extended adventure that connects with the [Annapurna region](#) from Dharapani.



Trek Mania Nepal Pvt. Ltd.

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

- Chitwan National Park – a perfect post-trek relaxation spot for those who want to experience Nepal's rich wildlife, including rhinos, tigers, and elephants.

Why Choose Manaslu Circuit with Serang Gumba?

Unlike the [Everest Base Camp Trek](#) or [Annapurna Base Camp Trek](#), the Manaslu Circuit Trek with Serang Gumba offers a truly remote and untouched experience. With fewer trekkers on the trail, this trek provides a sense of isolation and tranquility that is hard to find in more commercialized trekking regions. The addition of Serang Gumba sets this trek apart, offering a deeper cultural immersion that allows trekkers to connect with the spiritual heart of the Himalayas.

The journey through the Manaslu Conservation Area is a dream for adventure seekers and cultural enthusiasts alike. From crossing high passes to witnessing breathtaking mountain panoramas, exploring hidden monasteries, and interacting with local Himalayan communities, this trek promises an experience unlike any other in Nepal.

For those seeking an off-the-beaten-path adventure with a mix of spirituality, high-altitude adventure, and rich Himalayan culture, the Manaslu Circuit with Serang Gumba is an exceptional choice. Whether you end your trek in Kathmandu, Pokhara, or Chitwan, this journey will leave you with unforgettable memories of Nepal's pristine landscapes and profound cultural heritage.



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PRICE INCLUDES

- Airport pickup and drop service
- All foods during the trek (B, L, D)
- Accommodation during the trek, sharing a room. (In Darmasal dormitory room).
- Transportation, Drive from Kathmandu to Machhekhola by local bus and ending Point Tilche to Besishare by Local Jeep and Besishare to Kathmandu by local bus.
- English-speaking trekking guide and his salary, lodging, food, and insurance.
- Trekking permits: Manaslu Special Permit (10 days only), Manaslu & Annapurna Conservation Permit.
- Porter (1porter for 2trekkers with a max load of 17 to 20kg) for carry badge.
- First aid medical box.
- T-shirt, Duffel Bag, and Trekking Map with company logo
- Rescue Management Service.
- All Tax (13% VAT and 10% company service charge)
- Farewell Dinner

PRICE EXCLUDES

- All kinds of Drinks
- Visa fee to enter Nepal
- International flight tickets and extra baggage charges
- Accommodation and meal costs in Kathmandu
- Travel insurance/ Rescue operation costs
- All personal expenses (laundry, electronic device charging cost, all alcoholic beverages and soft drinks etc).
- All required trekking gear like sleeping bags and down jackets(available on rent)
- Tip for guide and porters



ITINERARY IN DETAIL

Day 1: Drive from Kathmandu to Machha Khola (7–8 hrs, 900m)

Your adventure begins with a scenic drive from Kathmandu to Machha Khola, passing through Besisahar and Soti Khola. The journey offers stunning views of terraced fields, rivers, and traditional villages. The drive follows the Budhi Gandaki River, gradually transitioning from the bustling city to the rural landscape. Machha Khola is a small riverside settlement, marking the start of your trekking journey.

Day 2: Trek from Machha Khola to Jagat (6–7 hrs, 1,410m)

The trek starts with a gentle climb through lush forests and crosses several suspension bridges over the Budhi Gandaki River. As you pass Tatopani (natural hot springs), you'll have the chance to relax in the healing waters before continuing toward Jagat, a beautiful Gurung village with stone-paved streets and a checkpost for the Manaslu Conservation Area Permit (MCAP).

Day 3: Trek from Jagat to Deng (6–7 hrs, 1,804m)

Leaving Jagat, the trail winds through dense forests and river valleys, offering breathtaking views of the Sringi Himal (7,187m). You'll pass small villages like Philim and Ekle Bhatti, known for their traditional Tibetan influence. As you approach Deng, you'll notice Buddhist prayer flags and mani walls, indicating the strong spiritual heritage of the region.

Day 4: Trek from Deng to Bihi Phedi (5–6 hrs, 2,130m)

The trek from Deng to Bihi Phedi follows a beautiful, forested path, crossing suspension bridges and cascading waterfalls. The views of Ganesh Himal and Sringi Himal become more prominent. The village of Bihi Phedi is a small yet significant stop, offering insights into Tibetan Buddhism and traditional Himalayan life.

Day 5: Trek from Bihi Phedi to Serang Gumba (6–7 hrs, 3,100m)

Today's trek takes you to the remote and spiritual Serang Gumba, a hidden Buddhist monastery nestled in the mountains. The route includes steep ascents through pine forests, leading to the monastery, where monks practice meditation. Serang Gumba offers an extraordinary cultural experience with mesmerizing views of the Manaslu and Ganesh Himal ranges.

Day 6: Trek from Serang Gumba to Ghap (5–6 hrs, 2,900m)

After a peaceful morning at the monastery, you'll descend through dense forests and terraced farmlands to Ghap, a charming village surrounded by mani walls and chortens. The route passes through traditional Tibetan villages, where you can observe Buddhist prayer wheels and prayer flags fluttering in the wind.

Day 7: Trek from Ghap to Lho (6–7 hrs, 3,100m)

The trail ascends through rhododendron forests and yak pastures, offering spectacular mountain vistas. Lho is a picturesque village with a stunning view of Manaslu. The Ribung Gompa monastery, one of the oldest in the region, is a must-visit here.

Day 8: Trek from Lho to Shyala (3–4 hrs, 3,500m)



A shorter trekking day, this route offers unobstructed views of Manaslu, Himalchuli, and Ngadi Chuli. Shyala is a small settlement surrounded by mountains, where you can enjoy the serenity of the Himalayas and interact with the Tibetan-influenced local communities.

Day 9: Trek from Shyala to Puggean Gumba/Samagaon (4–5 hrs, 3,530m)

Continuing through alpine terrain, the trek reaches Samagaon, the largest village in the Manaslu region. Here, you can visit Puggean Gumba, a sacred Buddhist monastery. Samagaon is a popular acclimatization stop, offering side trips to Manaslu Base Camp and Birendra Lake.

Day 10: Acclimatization Day at Samagaon – Hike to Manaslu Base Camp (3,530m)

A crucial day for acclimatization, you can hike to Manaslu Base Camp (4,800m) for a panoramic view of the Manaslu Glacier and surrounding peaks. Alternatively, you can visit Birendra Lake, a glacial lake offering breathtaking scenery.

Day 11: Trek from Samagaon to Samdo (4–5 hrs, 3,860m)

The trek to Samdo, the last permanent settlement before the Larkya La Pass, is relatively short but essential for acclimatization. Samdo is a traditional Tibetan refugee village with a Buddhist monastery and a mesmerizing view of Manaslu and the Syacha Glacier.

Day 12: Trek from Samdo to Dharamsala (4–5 hrs, 4,460m)

A gradual climb takes you to Dharamsala (Larkya Phedi), the base camp for the Larkya La Pass. This is the highest point before crossing the pass, and it offers breathtaking views of Larkya Peak, Cho Danda, and the surrounding glaciers.

Day 13: Rest Day at Dharamsala (4,460m)

This extra rest day helps with acclimatization before tackling the Larkya La Pass. You can explore the area or take short acclimatization hikes.

Day 14: Cross Larkya La Pass (5,160m) & Trek to Bimthang (7–9 hrs, 3,720m)

One of the most challenging days, the trek starts early to cross the Larkya La Pass, the highest point of the trek. The top offers stunning views of Himlung Himal, Cheo Himal, and Kang Guru. The descent to Bimthang is steep but rewarding, with lush pastures and a peaceful atmosphere.

Day 15: Trek from Bimthang to Goa or Tilije (5–6 hrs, 2,300m)

Descending further, the trail takes you through forests of rhododendron and pine. The landscapes shift from alpine to sub-tropical as you reach Tilije or Goa, small villages with stone-paved houses and traditional tea houses.

Day 16: Drive from Tilije to Besisahar (by local Jeep)

A short trek leads to Dharapani, where you'll officially exit the Manaslu Conservation Area and enter the Annapurna region. From here, a jeep ride takes you to Besisahar, marking the end of your trekking adventure.

Day 17: Drive from Besisahar to Kathmandu, Pokhara, or Chitwan (7–8 hrs, via bus)

The final journey takes you back to Kathmandu, Pokhara, or Chitwan, depending on your travel plans. You can explore Kathmandu's cultural sites, relax by Phewa Lake in Pokhara, or enjoy a wildlife safari in [Chitwan](#).



FAQ

1. Do I need a permit for the Manaslu Circuit Trek with Serang Gumba?

Yes, the Manaslu Circuit Trek requires special permits. You'll need the Manaslu Restricted Area Permit (RAP), which can only be obtained through a registered trekking agency in Nepal. Additionally, you will need the Annapurna Conservation Area Permit (ACAP).

2. Is it safe to trek to Larkya La Pass?

While Larkya La Pass is a challenging high-altitude trek, it is safe when proper acclimatization is followed. Trekking with a guide and porter can help ensure safety and avoid altitude sickness.

3. What kind of accommodation is available during the trek?

Accommodation along the Manaslu Circuit Trek with Serang Gumba mainly consists of tea houses and lodges. They offer basic facilities such as shared rooms, meals, and hot showers. However, higher altitudes may have more basic amenities.

4. Can I do the trek independently without a guide?

The Manaslu Circuit Trek is a restricted area, and independent trekking is not allowed. You must trek with a registered guide and obtain the necessary permits.

5. How physically demanding is the Manaslu Circuit Trek with Serang Gumba?

The Manaslu Circuit Trek is moderately strenuous, especially as you approach higher altitudes. It is essential to have a good level of fitness and stamina, as some days involve long walks and steep ascents.

6. Are there any risk factors associated with the trek?

The main risks involve altitude sickness, especially when trekking above 4,000 meters. Following a gradual ascent, staying hydrated, and allowing for proper acclimatization are key to mitigating risks.

7. What is the food like on the Manaslu Circuit Trek?

Along the trek, you'll find traditional Nepali meals like dal bhat (lentils and rice), as well as international options like pasta, soup, and bread. As you ascend, the variety of food decreases, but staple meals remain available.

8. Can I get a SIM card or internet access during the trek?

Yes, you can buy a local SIM card in Kathmandu or at the start of the trek, and you can access the internet at some tea houses along the trek, though speeds may be slow at higher altitudes.

9. What is the best way to prepare for the trek?

Proper physical preparation is essential. Focus on building stamina and strength through cardio exercises like hiking, running, or cycling. Acclimatization is critical for avoiding altitude sickness, so a proper trekking pace is also important.

10. Is travel insurance required for the Manaslu Circuit Trek?



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Yes, comprehensive travel insurance is highly recommended for the trek. The insurance should cover medical emergencies, helicopter evacuation, and trip cancellations due to unforeseen circumstances.

