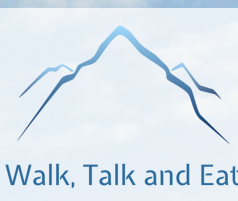


MANASLU

17 DAYS PROGRAM



The **Manaslu Circuit Trek** (13 days) is one of Nepal's most captivating trekking experiences. This incredible journey takes you through the **Manaslu Conservation Area** in the **Gorkha district**, offering a less crowded alternative to the famous **Everest Base Camp Trek**. Unlike the bustling trails of Everest, the Manaslu Circuit remains relatively untouched, providing a remote, physically challenging, and culturally enriching adventure. The stunning landscapes and vibrant local traditions make this trek truly unforgettable.



The route begins in the **lush lowlands**, where terraced rice and millet fields dominate the scenery. As you ascend, you'll pass through the dramatic **Budhi Gandaki River Gorge**, where turquoise waters and cascading waterfalls create breathtaking views. The trek still carries the spirit of a pioneering expedition, making every step feel like a discovery.

Along the way, we will stay in traditional **tea houses** and **lodges**, run by locals with deep cultural ties to the region. Many of these communities have roots in **Tibetan** heritage, which is reflected in the monasteries we'll visit and the **Buddhist** and **Hindu** traditions we'll witness in the villages. The cultural immersion adds a rich dimension to the journey, giving you a deeper understanding of life in these remote mountains.



As the trek winds northward, we approach the majestic **Larkya La Pass** at 5,167 meters, near the Tibetan border. Though the high altitude presents challenges, the staggering views of **Manaslu** (8,163 meters) and surrounding peaks will leave you in awe, making every effort worth it.

We begin our journey by meeting in **Kathmandu**, followed by an exhilarating **8-9 hour** drive through Nepal's lower districts in a private bus.

The trek officially starts in the bustling market town of Soti Khola (900 meters), where we begin our ascent into the heart of the Himalayas.

A typical day involves **5-7 hours of trekking with a light day backpack**, with basic accommodations in unheated double rooms. Meals are served in the cozy dining halls of the lodges, where you'll find nourishing food after a long day of walking. While facilities are simple, with shared toilets and occasional hot showers, the sense of adventure and the warmth of the people more than make up for it.



The price depends on the exact number of participants and will include the following:

- All accommodation
- All local transportation
- All food and bottled drinks in the mountains
- Porters
- Local Nepali guides with oxygen if medically needed
- Cecilia Swensson trekking guide

Not included in the price:

- Flights to Kathmandu
- Lunch and dinner in Kathmandu
- Bottled drinks along the trek
- Tip for the local staff
- Insurance and eventual need for Heli transportation out of the mountains

I live in Verbier and work as professional Ski Instructor at the Swiss National Ski School. I am a trained trekking guide and worked in the Scandinavian Mountain Range for 10 years, while also doing various Treks/Climbs in the Alps, Nepal, Pakistan, and China. I have been offering Trekking trips with Yoga and Massage in Verbier, Italy, Spain, Norway, India and Nepal since 2006. I am also a fully educated Massage therapist, licensed Yoga Teacher and Integrative nutrition health coach. More about my work here [Walk, Talk and Eat](#).

On this trip to Manaslu, Nepal, I am working together with a Nepali agent who is one of the major organisers of expeditions and treks in Nepal. Mr Iswari Paudel, Himalyan Guides.



JOIN ME FOR THE ADVENTURE!