

YOGA AND MEDITATION

Manaslu Circuit Yoga Trek

'enjoy the scenic and cultural Manaslu Circuit with a difference'



Overview

DURATION

16 DAYS, 15 NIGHTS

GRADE

HARD

FROM

USD 1,520

Manaslu Circuit Yoga Trek, with MCT, is an exclusive adventure in Nepal. The pioneers and specialists of the Manaslu areas and Gorkha district make MCT quite different from other adventure companies.

Enjoy and experience Manaslu Circuit Yoga Trekking with the **art of Yoga exercise**. The higher regions of the Gorkha district around Manaslu, provide exciting locations for treks and Yoga exercise. The walk follows, from one lovely village to another nice settlement, enriched with **age-old heritage** and vibrant cultures.

Yoga Trek along Manaslu Circuit, interested people can enjoy the ancient arts of Yoga, as per one's physical fitness time. As well as time permits on daily walks from one overnight stop to the next destination.

The Yoga exercise will be conducted by **our expert Guru and instructor**. The Yoga form of exercise should be practical, easy, and short, taking a maximum of an hour or less. The best is early morning time before breakfast and starting the walks, as well as in the evening.

Depend upon the distance of walking from one place to another, as well as heeding slowly. This will support avoiding altitude sickness and enjoying the glorious scenery of rolling hills and snow-capped peaks.

The adventure begins from Kathmandu taking a long and exciting drive, an opportunity to experience Nepal's rural country life. As well, as beautiful scenery along the way as the journey enters the district of Gorkha.

It is located in the Mid-West and within Central Nepal in the close shadow of Manaslu and Ganesh Himal. The journey to reach **Maccha-Khola**, around the lower warm farm areas of Gorkha, starts the treks.

Follow the raging **Budhi Gandaki River** upstream through nice farm villages, and head uphill to Jagat Village. Jagat is a typical interesting hill village, from here entering the restricted areas since it opened in 1991.

The trail follows down and up crossing exciting bridges reaching cooler green hills, and into a serene alpine forest. After days of continuous walks with climbs and short descents, as well as having time for Yoga exercise.

Then entering the **Upper Manaslu** of strong Buddhist religion and cultures are adorned with rows of prayer walls and monuments. Make an impressive

picture with the towering north face of Mt. Manaslu, HIMAL CHULI, and BAUDDDHA HIMAL with massif GANESH HIMAL.

The walk leads through the traditional mountain villages of Deng, Namrung, and Lo-Gaon, which stand beneath the towering Mt. Manaslu. From Lo Gaon into the heart of scenic Manaslu Valley, walk on the pleasant trail with a few ups and downs. Then, reaching Sama Gaon, the major village around Upper Manaslu, a great spot for rest and acclimatization days.

At Sama Gaon on rest days, enjoy extra activities exploring around places of cultural and religious interest. As well as hike to **BIRENDRA TAL**, a glacial lake close to Manaslu base camp, or climb to old **PUNGYEN GOMPA**.

After a wonderful rest in Sama-Gaon, the adventure continues towards the end of **Manaslu Valley and Gorkha district**. On reaching the last settlement at Dharmasala or Larke Phedi, the bottom of Larke-La Pass. The next, early morning, a steep climb on undulating uphill ridges takes you to the top of Larke-La Pass. Stand on the highest point of the adventure, surrounded by breathtaking scenery of giant mountain ranges.

The views include all of the Manaslu Himal range, with the peaks of the nnapurna Himalayas, including Damodar and Himlung Himal. As far as Ganesh Himal, towards the Far East, from the pass, a long descent to the bottom of Larke-La Pass. Then the walk leads back into the dense forest of rhododendrons, pines, oaks, and fir trees.

The area falls within the district of Manang, on reaching Bhimthang, slowly the adventurous walks then come to an end. The last leg of the journey follows downhill to the road-head at Dharapani Village.

Situated on the midways of the famous and popular Annapurna and Manaslu Circuit trekking routes. From Dharapani an exciting overland journey brings you to the hustle and bustle city life of Kathmandu.

On reaching Kathmandu our great wonderful adventure Manaslu Circuit Yoga Trekking completes.

Trip Highlights

- An adventure around Mt. Manaslu and its massif ranges of snow peaks.
- Walk from lower warm farm areas to cooler alpine hills of Upper Manaslu.
- Enjoy the dramatic diversity of landscapes, climate, vegetation and cultures.
- Manaslu Circuit with a difference from other normal trek with classic yoga.
- Yoga exercise amidst stunning backdrop of snow mountain ranges.

Itinerary

DAYS	HIGHLIGHTS
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ARRIVAL IN KATHMANDU

Altitude: 1,350 m/ 4,428 feet (Kathmandu)

Overnight: Hotel in Kathmandu. Meals Includes: Welcome group dinner.

On first arrival in Kathmandu at Nepal International Airport received by our staff and guide, with warm Nepali traditional welcome. After, getting organized and then a short transfer to your hotel in the heart of Kathmandu city.

At the hotel check into your lovely rooms with refreshing rest after a jet-leg. Then join in with other members of the group, for the trek briefing at meeting halls or garden.

Our guide and leader will provide you with useful information regarding the trek and yoga exercise. Including standard of lodge, foods and so on, if in doubt, can ask questions, after briefing enjoy the dinner in a typical Nepalese Restaurant.

TREKKING PREPARATION DAY & SIGHTSEEING IN KATHMANDU DURBAR

Square, Swyambhunath Stupa.

Altitude: 1,350 m/ 4,428 feet (Kathmandu)

Meal Included: Breakfast. Overnight: Hotel in Kathmandu.

Morning after a hearty breakfast, as per the time informed by our guide and staff our tour guide will meet. A short drive and walk in the heart of Kathmandu city, where the famous old Durbar Square located. An ancient palace and courtyard of earlier kings from Malla to former Shah Period. Interesting areas adorned with temples and old palace, as well with resident of famous Living Goddess the Kumari. Includes a temple of Kasthamandap, where Kathmandu name derived from, meaning a temple built from the wood of a single tree.

The temples and monuments of Durbar Square, listed in UNESCO World Heritage Sites. After an interesting tour, a short drive leads west of the city to another famous landmark of Nepal. The Swyambhunath Stupa of Buddhist monuments, located on a hillock, one can enjoy views of Kathmandu city and the valley.

The Stupa one of the oldest in Nepal and probably in the world of more than 2,600 years of history. After an impressive morning tour back to hotel, rest of the day preparation for Manaslu Circuit Yoga Trek.

DRIVE TO MACHHA KHOLA

Altitude: 930 m/ 3, 050 feet. (Machha Khola)

Meal Includes: Breakfast. Lunch & Dinner

Overnight: Lodge / Guesthouse.

Approx. 160 kilometres or 105 miles distance drives from Kathmandu.

Approx. 7-8 hours drives.

Early morning departures for wonderful adventure Manaslu Circuit Yoga Trek, taking a private car, comfortable tourist standard bus, or coach.

As size of a group, a long drive takes you beyond Kathmandu valley towards the Gorkha district. Located Nepal Mid-West around Gandaki Zone, a country of low and mid-hills, heavily cultivated farm areas. The drive follows Nepal's main busy highway for some hours and then diverts heading north to Arughat town.

Arughat town is situated on low farm areas close to the raging Buri Gandaki River. As the drive follows the dirt rough road to Soti-Khola, and towards Machha Khola. A moderate size farm village with a number of simple and basic lodges for an overnight stop. The name Machha Khola means a Fishing stream. As time permits if not tired from the long drive, can enjoy short yoga exercise before dinner.

TREK TO JAGAT.

Altitude: 1,340 m/ 4,395 feet. (Jagat) approx. 6 hours walks.

Meal Included: Breakfast. Lunch & Dinner.

Overnight: Lodge / Guesthouse.

Early morning before breakfast, and packing personal stuff, our Yoga Guru or instructor will guide with short Yoga exercise. After breakfast and packing the bags, enjoy the first day walks.

From Machha Khola, the trail lead towards cooler hills, after leaving the low sub-tropical heavily farmed areas. The trail leads to short ups and downs, through a small forested area to Tatopani. A place with natural hot spring, enjoy the refreshing bathing as time permits.

The walk continues to Khola Besi and then to Dovan, a nice farm village for a short refreshing lunch stop. Afternoon walk leads to steep climb for an hour or more to Jagat, a nice moderate size village. Check into a simple and lovely lodge accommodation for overnight halt. At Jagat, with time options for short walk around the village, to observe the local Hindu and Buddhism cultures. Options for Yoga exercise, if not too tired from the long hour's walks and climb to Jagat Village.

TREK TO PEWA

Altitude: 1,625 m / 5,330 feet. (Pewa)

Approx. 6 hours walks. Meal Includes: Breakfast. Lunch & Dinner
Overnight: Lodge / Guesthouse.

Early morning before breakfast, and packing personal stuff, our Yoga Guru or instructor will guide with short Yoga exercise. After breakfast and packing the bags, enjoy the day walks. From Jagat, onwards enter the Restricted Area to Upper Manaslu. All foreign visitors need a special permit to enter Upper Manaslu till Dharapani villages.

The trail leads to climb and then cross a bridge to Nagjet and Philim villages, a lovely farm area. The route then leads past neatly tended farm terraces reaching a cool shade of the forest on reaching Deng.

From here onwards within strong Buddhism religion and culture, as walk head higher past Deng Village. Slowly, one the long hours of walks ends reaching a small village of Pewa, for overnight stop.

Options for Yoga exercise, if not too tired from the long hour's walks and climb to Pewa Village.

TREK TO NAMRUNG

Altitude: 2,630 m / 8,626 feet.

Approx. 4 hours walks.

Meal Includes: Breakfast. Lunch & Dinner

Overnight: Lodge / Guesthouse.

Early morning before breakfast, and packing personal stuff, our Yoga Guru or instructor will guide with short Yoga exercise. After breakfast, depart from Pewa, as the morning leads up to a forested ridge.

Covered in tall rhododendron, pine, oaks and fir trees, and then a slow and steady downhill reaches Bihi Bazaar, situated near the riverside, after a pleasant stop. The walk continues heading towards farm areas, with nice cultivated terraces of millets and barley and then reach Namrung.

After checking into the best available lodge, enjoy the grand views of Mt. Manaslu North Face with an array of peaks. Enjoy Yoga exercise, after a moderate morning walks to Namrung from Pewa village.

TREK TO LO-GAON

Altitude: 2, 957 m. / 9,698 feet.

Approx. 5 hours walks.

Meal Includes: Breakfast. Lunch & Dinner

Overnight: Lodge / Guesthouse.

Early morning before breakfast, and packing personal stuff, our Yoga Guru or instructor will guide with short Yoga exercise. After a good breakfast, walk from here leads towards high Manaslu valley.

The trail follows to one of the charming village at Lo Gaon, an enjoyable scenic trek. The walk leads to gradual climb, within cool shade of forest lined with pine and rhododendron trees. The trek heads high above Budhi Gandaki River, and then on winding up, past few summer settlements of cattle herders. Then finally ending the pleasant day of walking reaching a lovely and large village at Lo-Gaon.

Lho-Gaon is a beautiful village amidst close backdrop of majestic Mt. Manaslu. Enjoy the picturesque scenery of wonderful landscapes and snow peaks. Afternoon Yoga exercise, after a moderate hour walks to Lo Gaon from Namrung Village. Interested people can visit to the monastery stands atop the village, offers impressive views with Buddhist cultures.

TREK TO SAMA GAON

Altitude: 3, 530 m / 34,233 feet. (Sama Gaon)

Approx. 6 hours walks.

Meal Includes: Breakfast. Lunch & Dinner

Overnight: Lodge / Guesthouse.

Early morning before breakfast, and packing personal stuff, our Yoga Guru or instructor will guide with short Yoga exercise.

After breakfast enjoy the glorious scenery of wonderful landscapes and snow peaks, as the walk starts towards west.

Adventure follows with gradual climb on reaching the Upper Manaslu Valley, through several farm villages of the Yak herders.

An interesting walk on the high and scenic Manaslu valley, surrounded by the high rocky cliff and snow peaks. The view of Mt. Manaslu and Sringi Himal remains constant for some hours. As the walk finally ends reaching at Sama-Gaon.

Sama-Gaon, the main village of high Manaslu valley as well one of the highlights of the adventure. Check into a nice lodge, with time to browse around the village and witness the local fascinating culture of Buddhism.

Afternoon Yoga exercise, after a wonderful scenic walks from Lo Gaon.

ACCLIMATIZATION DAY AT SAMA GAON

Altitude: 3,530 m / 34,233 feet. (Sama Gaon)

Acclimatization hike. Manaslu Base camp, Birendra Tal or Pungyen Gompa.

Meal Includes: Breakfast. Lunch & Dinner.

Overnight: Lodge / Guesthouse.

Early morning before breakfast, and packing personal stuff, our Yoga Guru or instructor will guide with short Yoga exercise.

A free day as well to support acclimatization, a perfect height at 3,550 m for a local short hike. Several best places for interested and eager trekkers and adventurers, one can enjoy a long day hike to Manaslu Base Camp.

A long full day walk of more than 6 hours both ways, the best hike is to Birendra Tal. A glacial pond on route Manaslu base camp, a walk of a few hours uphill facing grand views of Mt. Manaslu.

One can enjoy the rest day with a leisure walk exploring the village and visiting the old Pungyen Gompa.

Options for Yoga exercise, if not hiking a long distance to Birendra Tal of Pungyen Gompa.

TREK TO SAMDO

Altitude: 3,865 m / 12,677 feet. (Samdo)

Approx. 5 hours walks. Meal Includes: Breakfast. Lunch & Dinner

Overnight: Lodge / Guesthouse.

Early morning before breakfast, and packing personal stuff, our Yoga Guru or instructor will guide with short Yoga exercise.

From here onwards, adventure gets more exciting on reaching the high end of Manaslu valley, on leaving Sama-Gaon for interesting walks.

The route follows on windswept terrain, where tree lines disappear for high-altitude shrubs and bushes.

The valley gets narrow as the trek leads towards a mountainous country facing grand views of wonderful landscapes. A short half-day walk to Samdo but taking it slow due to the rise of altitude.

After a pleasant trek of some hours and then a short steep up to Samdo for lunch and overnight halt. Samdo is the last village before reaching the other side of Larke-La Pass to the Manang areas.

The village with more than forty houses with typical Tibetan style for more than two hundred inhabitants.

Rest of the afternoon explore this last village of Samdo located on route Larke-La Pass and to the Tibet border.

Afternoon Yoga exercise, after a wonderful scenic walks from Sama Gaon.

TREK TO DHARMASALA / LARKE PHEDI

Altitude: 4,460 m / 14,628 feet. (Dharmasala)

Approx. 4 hours walks. Meal Includes: Breakfast. Lunch & Dinner.

Overnight: Lodge / Guesthouse.

Early morning before breakfast, and packing personal stuff, our Yoga Guru or instructor will guide with short Yoga exercise.

A short walk and pleasant day to the highest overnight stop at Dharmasala and Larke Phedi. The route leads towards end of Manaslu valley and Gorkha district at Dharmasala or Larke Phedi.

The base of Larke-La pass from the Manaslu side of the valley, a place with few huts that serve as lodge and guest-house. During high times, of trekking season this place is crowded with trekkers. Where some groups have to spend on tented camps provided by the lodge owners. In the early days, it was known as Larke Bazaar, where the market was held with buyers and sellers. Merchants, and traders from across the country as far from Tibet and Manang region used to sell and exchange their products.

At Dharmasala reaching by lunchtime, and for an overnight stop. Afternoon relax and preparation for the long day walk the next early morning to cross over high Larke-La Pass. Late afternoon Yoga exercise, after a wonderful scenic walks from Samdo.

TREK TO BHIMTHANG VIA LARKE- LA PASS

Altitude: 5,160 m / 16,924 feet at Larke-La
and 3,700 m / 12,201 feet at Bhimthang. Approx. 8 hours walks.
Meal Included: Breakfast. Lunch & Dinner.

Overnight: Lodge / Guesthouse

Today no Yoga exercise, due to long hours of walks to Larke-La Pass and downhill to Bhimthang

Enjoy the final highlight of the adventure, having breakfast and carrying pack lunch for the long day's walk. An early start before breaks of dawn, as climb leads on a rocky gravel path above the lodge of Dharmasala.

The climb contours on winding steep uphill path, after hours of strenuous climb reaching Larke-La Pass. The top is adorned with prayer flags and a signpost with the name of Pass and heights.

For all the hard effort rewarded with a stunning panorama of Manaslu and Annapurna Himalayan peaks. Includes views of Himlung, Cheo Himal, and Kang Guru, as far as Ganesh Himal Far East direction.

After a tough climb, a long downhill takes you to the other side of Phedi at Bhimthang for an overnight stop. A long descent through moraine and Larcia glacier then reach Tambuche, the base of Larke-La Pass on Manang side.

From the bottom walk to Bhimthang overnight after a long, hard day, a lovely spot amidst green forest surroundings.

Yoga Exercise will be missed this evening, due to long hours of walks over Larke-La to reach Manang areas.

TREK TO DHARAPANI

Altitude: 1,800 m / 5,904 feet. (Dharapani)

Walk approx. 7 hours. Meal Includes: Breakfast. Lunch & Dinner
Overnight: Lodge / Guesthouse.

Early morning before breakfast, and packing personal stuff, our Yoga Guru or instructor will guide with short Yoga exercise. Depending upon trekkers fitness level, after the long day walks of previous day.

From Bhimthang, another long day walk to Dharapani village. But easy with pleasant downhill trek compared to the previous tough day, start early having a good breakfast.

Walk heads towards a forested path with a few short ups and down to a small settlement of Gho. After a refreshing stop, continue to walk into the cool shade of the dense forest to Tilje, a nice village above Masrsyangdi River. Stopping at Tilje for a possible lunch break, the last phase of the walk with a short climb over a bridge. Afternoon walk to a bridge and then a short climb to our final overnight destination at Dharapani village.

Located on the famous and popular Annapurna and Manaslu Circuit routes, a lovely village for the last day. Dharapani offers many good lodges with nice rooms, having a comprehensive food menu to enjoy the last day party.

Options for Yoga exercise, as time permits on reaching Dharapani.

DRIVE TO KATHMANDU VIA BHESISHAR

Altitude: 1,350 m. / 4,428 ft. (Kathmandu)

Approx. 08 hours sharing jeep or bus.

Meal Includes: Breakfast. Lunch & Dinner

Overnight: Hotel in Kathmandu.

Approx. 212 km/132 miles from Dharapani to Kathmandu driving distances.

Skipping the Yoga exercise for the long drives to Kathmandu.

The final day around Manaslu and Annapurna Himalayas, an early morning starts for the exciting drive to Kathmandu. Having a good breakfast, board on a local vehicle, depending upon the size of a group.

A long exciting overland journey leads to winding downhill around low warm farm areas of Lamjung district. As drive stops for short while at Bhesishar, the headquarters town of Lamjung. From Bhesishar on a good road, then joining on the main Pokhara and Kathmandu highway at Dumre town.

Drive more than four hours from Dumre town on winding uphill to the outskirt of Kathmandu valley. Finally drive ends on reaching your hotel, arriving by late afternoon or evening time. After a most mesmerizing adventure of a lifetime experience on Manaslu Circuit Yoga Trek.

AT KATHMANDU FOR INDIVIDUAL ACTIVITIES

Altitude: 1,350 m. / 4,428 ft. (Kathmandu)

Meal Includes: Breakfast only.

Overnight: Hotel in Kathmandu.

Morning on own options for Yoga exercise, rest of the day free for individual activities. Enjoy relaxing after the adventurous trekking around Manaslu with Yoga exercise. On this day options for another tour of Bhaktapur and Patan cities old Palace Square and courtyard.

INTERNATIONAL DEPARTURE HOMEWARD BOUND

Meal Includes: Breakfast only.

Last day in Kathmandu and Nepal, after an enjoyable adventure on Manaslu Circuit Yoga Trek. Our staff transfers you to the international airport terminal, and then bidding farewell guide and staff. Departure for smooth flight homeward bound.

Service INCLUDED

- Airport pickups and drops in a private vehicle.
- 3-star hotel accommodation in Kathmandu with breakfast.
- Domestic flights (Kathmandu-Lukla-Kathmandu).
- Teahouse accommodation during the trek.
- All meals (breakfast, lunch, and dinner) during the trek.
- Licensed and experienced English-speaking trekking guide.

- **Porter service (2 trekkers: 1 porter).**
- Park entry fee and TIMS card.
- Trekking map and group medical kit.
- All government and local taxes.

Service NOT INCLUDED

- Nepalese visa fee.
- International airfare to and from Kathmandu.
- Travel and rescue insurance.
- Lunch and dinner in Kathmandu.
- Personal expenses (laundry, internet, phone calls, etc.).
- Tips for guides and porters.
- Costs arising from unforeseen events (e.g., flight delays, natural disasters).

A brief information on Yoga

Yoga meaning Unity to be Oneness, derived from ancient Sanskrit word which means to join. The science of life, the **integration of body, mind and soul!**

What is Yoga?

A perfect union of the spirit to the divine, via tools left behind from rishis (hermits), ascetics and yogis of ages past.

The **Eight Fold Path of Yoga** (not to be confused with Buddha's Eight Fold Path), from sage Patanjali's yoga sutra delves deeply into the morality of living and plunges into the human psyche.

Consists of **Yama** (self-restraints), **Niyama** (self-observances) **Asana**, **Pranayama** (breath techniques), **Pratyahara** (withdrawal of the senses), **Dharana** (concentration), **Dhyana** (meditation) and **Samadhi** (identification with pure consciousness).

Yoga conjures up with images and postures (Asanas) to develop flexibility, general body health and of course awareness.

This is just the beginning, while yoga's central theme remains the highest goal of the spiritual path; yogic practices can provide direct and substantial benefits to everyone regardless of their spiritual aims.

Best Time to do Manaslu Yoga Trek

Best Seasons:

The best seasons for Manaslu Circuit Yoga Trekking is in spring and autumn, spring begins from March to May.

Autumn starts from September to November, the spring season with longer days with more sunlight hours.

Days are mostly bright with sunshine for clear views and pleasant walking with yoga practice. But gets cloudy in the late afternoon with chances of light rains, and snowfall around higher elevations sometimes.

The temperature drops in the early morning, late afternoon, and night. During springtime, the green hills are bright with wildflowers in

bloom, especially the rhododendron, the national flower of Nepal.

The next best season is autumn from September to November, days are much clear for views and walks. It gets dark by 5:30 pm, due to limited sunlight hours, but pleasant and scenic walks with yoga exercise.

Cold freezing temperatures during morning, late afternoon, and night time, chances of snowfall in higher areas sometimes.

Culture, Religion & History:

The lower warm areas of Gorkha district, where Manaslu High Valley is located, are of mixed tribes of hill people. Gurung, Magar, Hindu Bharamins, Chettries, and Newars with some Bhot migrated from high Manaslu and Tsum areas.

The culture and religions are mixed with Hinduism and Buddhism around low land to mid-hills till Jagat and Philim villages.

But from **Jagat village** onwards the natives of higher Manaslu valley till Dharapani in Manang are interwoven to strong Buddhism religion.

Follow the ancient heritage and culture similar to its Tibetan predecessor, as the border to Tibet is at a mere distance.

The people of higher Manaslu are known as the **Bhotias people**, of Tibetan origin. Most villages around higher Manaslu from Namrung onwards have a monastery, with many rows of prayer walls and spinning wheels.

The Manaslu region, where the ancient Trans Himalaya Salt Trade Route passed to and from Nepal/Tibet. Yaks and pack animals laden with goods passed through Manaslu Valley from both sides, of the borders.

The base of Larke-La pass at present known as Dharmasala or Phedi in the early days was called Larke Bazaar. Where traders, and merchants from Tibet, Gorkha, and Manaslu as far from Manang used to visit on the market day.

The Manaslu name comes from the Sanskrit word meaning Soul or mind of the god or holy spirits. Manaslu for the natives is Kutang, which means land that has been blessed, to raise livestock and a good farm field.

Mt. Manaslu stands, as the world's 8th highest peak at 8,163 m and 26, 781 feet, the first ascent by Japanese Expeditions. It was conquered on May 9th, 1956 with the support of Nepalese guide Gyalzen Norbu Sherpa.

Since then it remained closed for outside visitors and flung its door open from 1992 onwards. Trekkers can enter and enjoy the walk around Manaslu on obtaining a special permit, as Manaslu is a restricted region.

Due to its close border with Tibet / China, as well as to control the main flow of trekkers. As well as to preserve the country's pristine environment, the area is under the protection, of the Manaslu Conservation Area Project.

FAQs

Do I need prior Yoga experience to join the trek?

No, the Manaslu Circuit Yoga Trek is designed for all levels. Daily sessions are guided by experienced instructors, and beginners are welcome to participate at their own pace.

How long is the Manaslu Circuit Yoga in 2026?

The trek typically lasts **16 days**, including yoga and meditation sessions integrated into the itinerary. This covers acclimatization, cultural exploration, and crossing the famous Larke-La Pass.

What is included in the yoga trek package cost?

The package usually covers:

- Accommodation during the trek
- Daily yoga and meditation sessions
- Licensed trekking guide and yoga instructor
- Meals (breakfast, lunch, dinner)
- Necessary permits (MCAP, ACAP, Restricted Area Permit)
- Airport transfers in Kathmandu

How difficult is the trek?

The Manaslu Circuit Yoga Trek is considered **moderately challenging**. Daily yoga helps with flexibility and recovery, but trekkers should be prepared for long walking days, altitude changes, and crossing the high Larke-La Pass (5,106m).

Payment

You may pay your deposit and balance using any lawful means. If sending money by electronic bank transfer then you will be responsible for covering the cost of the fees associated with the transfer, so that the company receives the full amount shown on your invoice, in the denomination shown on your invoice.

Cancellation

In case you cancel your trip, please provide us a written notice 14 days prior (30 days prior in case of Bhutan and Tibet) to your departure date. Failure to do so will result in termination of the trip.

According to our policy, 25% of the deposit amount is non-refundable. So instead we recommend you to postpone your trip. However doing so will deduct 100USD from your advance deposit. The remaining amount after deduction will be transferred to your Lifetime Deposit account for the next trip.

Refund policy

For now, we do not offer any refund services as the company provides Lifetime Deposit feature. The amount you transfer to us will never go in vain. The system allows you to utilize your deposit even after the cancellation of the trip. Later, either you or your family members/friends can use this scheme for the same trip or any other. For more information regarding to Lifetime Deposit, please contact through our official e-mail address.

Travel Insurance

A comprehensive travel insurance is mandatory before you start your trip with us. Make sure the insurance policy covers all the expenses such as medical, personal accidents, emergency evacuations, loss of gears, natural calamities, theft or damage to baggage and personal losses. We highly encourage that you check specifics while speaking to your insurance

company before flying to Nepal.

Bookings

For all trekking enquiries and bookings

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