



Manaslu Circuit Trek

A legendary adventure to the foot of the world's highest peak.

● Trekking at a Glance

DURATION

13 Days

MAX ALTITUDE

5,106m

TRIP GRADE

Medium

BEST TIME

Mar-May & Sept-Nov

ACCOMMODATION

Tea Houses / Lodges

THE OVERVIEW

Manaslu Circuit Trek is often regarded as one of the best treks in Nepal. This trek is both enjoyable and challenging, offering a perfect combination of natural beauty and cultural experience. Starting from Soti Khola and crossing the snow-covered Larkya La Pass (5106m), the trail takes you through bamboo and pine forests, waterfalls, and beautiful aqua-blue rivers surrounded by dramatic Himalayan landscapes. Manaslu Circuit Trek is known for its remote trails and rich Tibetan Buddhist culture. Along the way, we pass through traditional villages such as Samagaon, Sirdibas, and Samdo, where you can experience authentic local lifestyles and ancient traditions....

01

Arrival in Kathmandu

Upon your arrival at Tribhuvan International Airport in Kathmandu, you will be warmly welcomed by our representative and transferred to your hotel. After check-in, you can relax after your journey or explore the nearby areas of the city. In the evening, there will be a short briefing about the Manaslu Circuit Trek, including itinerary details, permits, and preparation for the trek.

ALT: 1,400m

02

Drive from Kathmandu to Machha Khola

After breakfast, you will begin a scenic drive from Kathmandu to Machha Khola via Dhading and Arughat. The journey follows the Budhi Gandaki River, passing through beautiful hills, terraced fields, and traditional villages. The road becomes rough as you move further, offering a true adventure experience. This long drive provides a glimpse into rural Nepal and Himalayan landscapes.

ALT: 870m MEAL: B, L, D

03

Trek from Machha Khola to Jagat

The trek begins along the Budhi Gandaki River, passing through Khorlabesi and Tatopani, where you can enjoy natural hot springs. The trail includes several ups and downs, crossing suspension bridges and walking through forested paths. You will pass small settlements and scenic landscapes before reaching Jagat, a beautiful village and entry point for the restricted Manaslu region.

ALT: 1,340m HIKE: 6–7 hrs MEAL: B, L, D

04

Trek from Jagat to Deng

Today's trek takes you through rocky ridges and traditional villages such as Sirdibas and Philim. You will cross long suspension bridges and walk through bamboo forests and narrow trails. The route offers scenic river views and cultural experiences as you gradually ascend to Deng.

ALT: 1,860m HIKE: 6–7 hrs MEAL: B, L, D

05

Trek from Deng to Namrung

The trail continues through forests, waterfalls, and small settlements. Along the way, you can see stone carvings and prayer flags reflecting strong Buddhist influence. You will cross several wooden bridges and walk through rhododendron and pine forests before reaching the peaceful village of Namrung.

ALT: 2,630m HIKE: 5–6 hrs MEAL: B, L, D

06

Trek from Namrung to Samagaon

After leaving Namrung, you will cross the river and pass through Lho village, where you can enjoy a magnificent view of Mount Manaslu (8,156m). The trail continues through forests and open landscapes with yak pastures and traditional stone houses. You will gradually reach Samagaon, one of the most important villages in the region.

ALT: 3,520m HIKE: 6–7 hrs MEAL: B, L, D

07

Acclimatization Day – Manaslu Base Camp

This is an acclimatization day to help your body adjust to the high altitude. You can explore nearby places such as Birendra Lake or hike to Manaslu Base Camp. The hike offers breathtaking views of Mount Manaslu and surrounding glaciers. After spending some time, return to Samagaon for an overnight stay.

ALT: 4,400m HIKE: 6–8 hrs MEAL: B, L, D

08

Trek from Samagaon to Samdo

Today's trek is relatively short and easy. You will follow the Budhi Gandaki River and pass through juniper forests and mani walls. The trail offers beautiful views of mountains and glaciers. Samdo is a small Tibetan-influenced village known for yak herding and traditional lifestyle.

ALT: 3,875m HIKE: 3–4 hrs MEAL: B, L, D

09

Trek from Samdo to Dharamsala

After breakfast, you will trek towards Dharamsala, also known as Larkya Phedi. The trail passes through alpine landscapes, monasteries, and glacial valleys. You will walk along the moraines and enjoy stunning views of snow-capped peaks. This is a preparation day for crossing the Larkya La Pass.

ALT: 4,460m HIKE: 3–4 hrs MEAL: B, L, D

10

Trek to Bimthang via Larkya La Pass

This is the most challenging and rewarding day of the trek. You will start early to cross the Larkya La Pass (5106m), the highest point of the trek. The climb is steep but offers breathtaking views of Himlung Himal, Annapurna II, and other peaks. After crossing the pass, descend to Bimthang through glacial valleys.

ALT: 5,106m HIKE: 7–8 hrs MEAL: B, L, D

11

Trek from Bimthang to Tilije

Descend through beautiful forests of rhododendron, bamboo, and pine. The trail passes through small settlements and offers scenic views of mountains and valleys. You will reach Tilije, a traditional Gurung village with rich culture.

ALT: 2,300m HIKE: 5–6 hrs MEAL: B, L, D

12

Drive from Tilije to Kathmandu

After breakfast, drive back to Kathmandu via Besisahar. The journey offers scenic views of rivers, hills, and rural landscapes. Upon arrival in Kathmandu, you will be transferred to your hotel.

ALT: 1,400m MEAL: B, L

13

Final Departure

Your Manaslu Circuit Trek comes to an end today. After breakfast, you will be transferred to the airport according to your flight schedule. You can also extend your stay for sightseeing or other activities.

ALT: 1,400m MEAL: Breakfast

END OF SERVICES

- What's Included

- Airport/Hotel/Airport pick-up and transfer by private car
- 3 nights deluxe accommodation with breakfast in Kathmandu
- Meals (Breakfast, Lunch, Dinner) with tea/coffee and drinking water during the trek
- 11 nights lodge/guesthouse accommodation during the trek
- Experienced English-speaking guide and porters (1 porter for 2 people, carrying up to 25 kg), including salary, food, accommodation, and insurance
- Sleeping bag, duffel bag, water filter, and trekking map
- Manaslu Conservation Area Permit (MCAP) and Annapurna Conservation Area Permit (ACAP)
- Manaslu Restricted Area Permit
- All ground transportation by private 4WD vehicle
- First aid medical kit
- All government taxes

- What's Not Included

- Lunch and dinner in Kathmandu (except breakfast)
- Travel insurance
- International airfare
- Nepal tourist visa fee
- Personal expenses
- Alcoholic drinks, soft drinks, laundry, phone calls, internet, battery charging, hot showers
- Personal trekking equipment
- Emergency evacuation (helicopter rescue)
- Costs due to itinerary changes (landslides, weather, strikes, etc.)
- Additional porter or horse rental if needed
- Tips for guide, porter, and driver

CERTIFIED & AUTHORIZED AGENCY

TAAN NMA NTB NEPAL GOVERNMENT

Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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