

Manaslu Circuit Trek



Duration :	14 Days
Group Size:	1+
Max. Elevation:	5160M, Larkya La Pass
Best Season	Sep - Nov/March - May
Trip Grade	Moderate
Transportation	Public Bus
Meals	B+L+D
Trip Route	Machha khola - Jagat - Deng - Namrung - Samagoan - Samdo - Larkye Pass 5160m - Bhimthang - Tilje to Kathmandu

Trip Highlights

- Moderate trekking trail embedded in the Himalayas with some challenging sections with adventure.
- Fantastic view of the Manaslu and surrounding mountain ranges.
- Larkya Pass (5160 m), the highest part of the trip.
- Mt. Manaslu Base Cam (4800 m) Side Trip for Hiking.
- Pungyen Monastery Day Hike from Samagoan for day rest at around 4,000 meters (13,123 feet).

- Wildlife and vegetation showcase a wide range of climatic regions.
- Extreme climatic variations within 100km, spread over six climatic regions, tropical, subtropical, temperate, subalpine, alpine, and arctic.
- Tsum Valley, [Nupri Valley](#) and Sherpa culture and tradition experience.
- Beautiful and historically significant mountain monasteries with amazing paintings and architecture.
- Opportunities for encountering rare animals, birds, and herbs in the Manaslu area.
- Magical views of the scenic landscape of the Himalayas.
- [Himalayan cuisine](#) experience with Yak and Chauri dairy products.
- Authentic Himalayan trekking experience on the lesser-traveled trails.
- Exploring mountain villages, culture, and terraced farmlands in central Nepal.

Trip Overview

Manaslu Circuit Trek is a complete and popular circle trekking destination. It is seeking adventure and challenging trekking in the Himalayas. The circuit trek is lovely and consists of cultural and scenic activities. And Himalayan goodness is packed with the magical land of Manaslu Trekking.

Why can Manaslu Circuit Trek be your perfect, challenging trek in Nepal?

Perfect for the transition to doing much more challenging treks than moderate ones. [Manaslu](#) Circuit serves you daily with the bliss of a magnificent Himalayan view. With abundant mountain lifestyles and inspirational Tibetan Buddhism, this trek fulfills your expectations in the most compelling way possible.

Besides the mighty [Annapurna base camp trail](#), this trail has successfully held status among trekking lovers worldwide. The [Manaslu Circuit](#) offers an authentic mountain trek experience accompanied by challenging segments. These [restricted areas](#) are perfect mystery zones to discover your true self with the delights nearest to nature.

Why Manaslu Trek Nepal?

Manaslu Larkya Trek is an excellent way of stepping out of the luxuries of the modern world and enjoying nature to the fullest. Start by taking the permits in the lively city of Kathmandu and go to the [Larkya La pass at 5160](#) meters during the trek.

The breathtaking views of Manaslu 8163M, Shringi Himal 7161M, Cheo Himal 6812M, and Himlung Himal 7126M. And Ganesh Himal II (7118 m) and Himalchuli (7893 m) along the trail make each step divine. Lush vegetation decorated with wild mountain flowers and rare fauna adds a bonus to all these experiences. And

buckle up and head for a majestic trek of a lifetime in Manaslu.

Beginning at Arughat, you will have a pristine adventure for a couple of fantastic weeks of trekking in the Manaslu. The trek is perfect for individuals exploring the restricted and undisturbed central Himalayas. Proper guidance and complete aid from [Himalaya Guide Nepal](#) starts a new chapter in the Manaslu of your travel diary.

Frequently Asked Questions:

1. Is Manaslu a deadly peak?

The massive Manaslu rises above the pine woods of Nepal's Budhi Gandaki river valley. It is locally known as the "killer mountain" since more than 60 people have perished on its dangerous slopes.

2. How do I access Manaslu?

Of the main Nepalese treks, the Manaslu Circuit trailhead is the one closest to Kathmandu. Nevertheless, the 126 km (80 miles) trip to Soti Khola from Kathmandu. It is thrilling and takes around 6 hours by Jeep (preferred) or more than 8 hours by regular bus.

3. In what region is Manaslu?

Kampung, often called Mount Manaslu, is the eighth-highest peak in the world. Because it is situated in Nepal's west-central region. Sanskrit's word for Manasa, "Intellect" or "soul," is "Manaslu." The mountain rises to an elevation of 8,163 meters.

Links:-

[Annapurna Trek](#)

[Everest Trek](#)

[Peak Climbing](#)

[Langtang Trek](#)

[Tour in Nepal](#)

Outline itinerary

Day 01: Arrival at the airport in Kathmandu (1350 M), Nepal

Time: 30 Min

Day 02: Kathmandu - Arughat to Machha khola (869 M) by public bus.

Time: 9-10 hrs Drive/155KM **Meals:** B+L+D **Accommodation:** Lodge

Day 03: Machha Khola - Khorla Bensi to Jagat (1400 M)

Time: 7-8 Hrs/17.4KM **Meals:** B+L+D **Accommodation:** Lodge

Day 04: Jagat - Sirdibas - Nyak Phedi to Deng (1860 M) by walk
Time: 6-7 hours walk/18.5KM **Meals:** B+L+D **Accommodation:** Lodge

Day 05: Deng-Rana-Bihi Phedi to Namrung (2630 M)
Time: 5-6 Hours walk/17KM **Meals:** B+L+D **Accommodation:** Lodge

Day 06: Namrung-Lihi to Lho (3180 M)
Time: 4-5 Hours walk/9.5KM **Meals:** B+L+D **Accommodation:** Lodge

Day 07: Lho-Syala to Samagaun (3525 M)
Time: 3-4 Hours walk/7.5KM **Meals:** B+L+D **Accommodation:** Lodge

Day 08: Rest day in Samagaun (3525 M)
Time: 2-4 Hour walk/8.2KM **Meals:** B+L+D **Accommodation:** Lodge

Day 09: Samagaun to Samdo (3875 M)
Time: 3-4 hours walk/8.2KM **Meals:** B+L+D **Accommodation:** Lodge

Day 10: Samdo-Larkye Bazaar to Dharamsala (4460 M)
Time: 3-4 Hours walk/6.5KM **Meals:** B+L+D **Accommodation:** Lodge

Day 11: Dharamsala - Larkye Pass 5160mtrs to Bimthang (3590 M)
Time: 7-8 Hours Walk/16KM **Meals:** B+L+D **Accommodation:** Lodge

Day 12: Bimthang - Yak Kharka - Gho to Tilije (2300 M)
Time: 6-7 Hour walk/18KM **Meals:** B+L+D **Accommodation:** Lodge

Day 13: Tilije - Besisahar to Kathmandu (1350 M)
Time: 9-10 Hour drive/225KM **Meals:** B+L **Accommodation:** Hotel

Day 14: Kathmandu Nepal to Your Home fly
Time: 30:00M drive. **Meals:** B

Costs Included

- International airport pick-up and drop-off services.
- 2 Nights hotel in Kathmandu with BB plan in Thamel.

- Bus ticket to Machha Khola by public bus.
- Transportation from Dharapani to Besisahar by public Jeep.
- Public bus back to Kathmandu from Besisahar.
- Three meals daily (Breakfast, Lunch, and Dinner along the trek).
- Lodge accommodation on the way (simple one).
- License holder trekking guide (Including his salary, equipment, insurance, transportation, lodging, and food).
- Equipment; Down Jacket, Sleeping Bag and Trekking Duffle Bag.
- Manaslu Conservation Area Project (MCAP permit)
- Manaslu Restricted Special Permit
- Tsum Nubri Local Government Permit.
- Annapurna Conservation Area Project Permit (ACAP).
- All government taxes.
- Manaslu Circuit Trekking map.
- First aid medical box with oximeter.
- Some fresh and dry fruits along the trek.
- Token of love from the office.
- Farewell lunch/dinner.

Cost Excluded






- Extra night accommodation in Kathmandu.
- Travel insurance.
- Porter to carry bag, if you needed we could arrange you.
- Hot and Cold drinks like; Tea/Coffee, Coke, Mineral Water, Beer, etc.
- Personal expenses (laundry, telephone, extra helper, wifi, battery charge shower, and boiled water).
- Tips are expected.

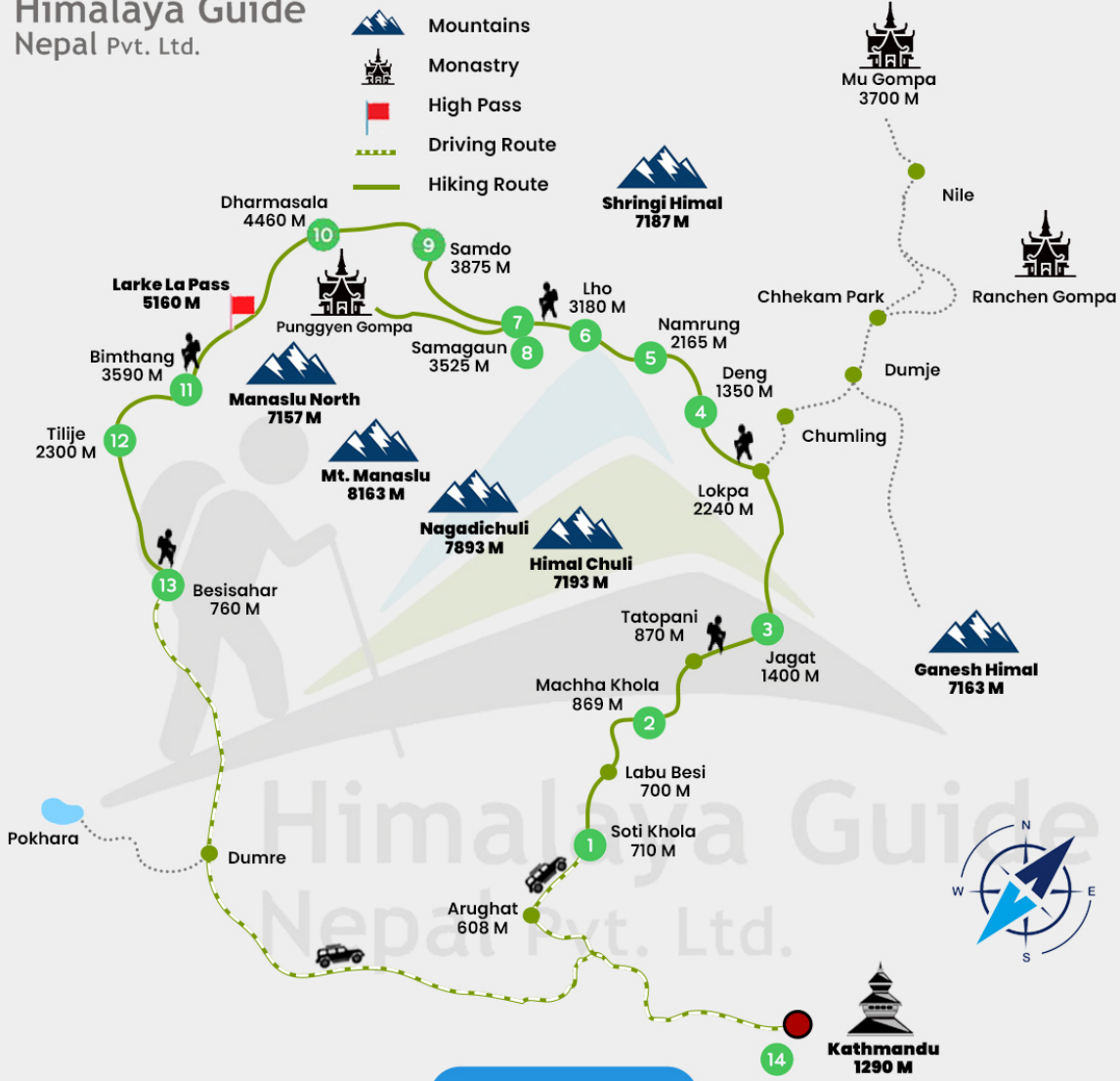
Manaslu Circuit Trek Route Map - 14 Days



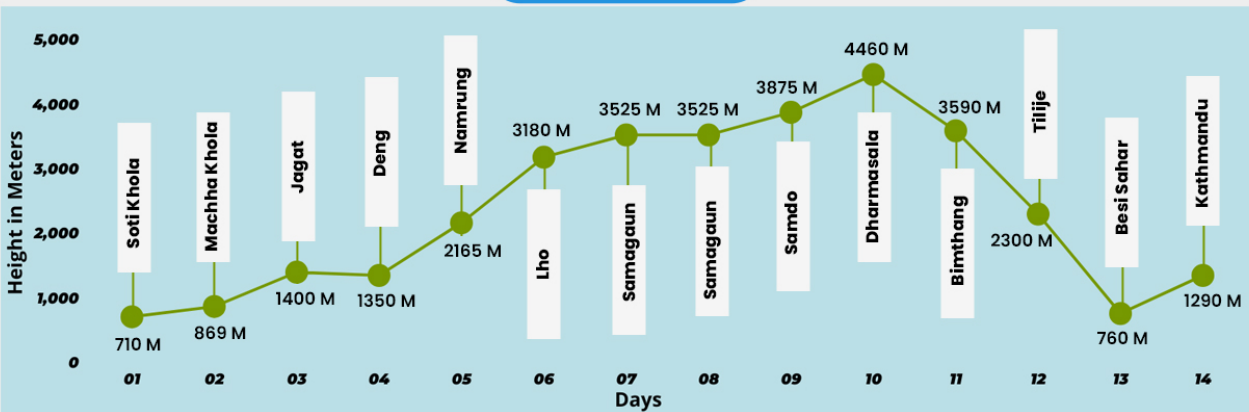
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Legend

-  Mountains
-  Monastery
-  High Pass
-  Driving Route
-  Hiking Route



Altitude Chart



Your Journey day by day

Day 01: Arrival at the airport in Kathmandu (1350 M), Nepal

Time: 30 Min

After landing at TIA (Tribhuvan International Airport), our representative from Himalaya Guide Nepal will meet you. You can view the bustling city lifestyle of Kathmandu on your way to the hotel. Visit our office for a quick orientation of the trekking program in Manaslu. Take an evening tour of the nearby places and markets from your hotel. Thamel, Kathmandu, is where you will spend the night.

Day 02: Kathmandu - Arughat to Machha khola (869 M) by public bus.

Time: 9-10 hrs Drive/155KM **Meals:** B+L+D **Accommodation:** Lodge

After breakfast today, we will catch a bus from Kathmandu, leaving for the eastern hills of Dhading district. The hill highway drive starts your day, leading you to the villages of Arughat. This drive's magnificent scenic view of nature is a perfect booster to kick-start your journey. You will end your day near by the beautiful Budi Gandaki River in Machha [Khola](#). Once here, you can head for a quick village tour.

Day 03: Machha Khola - Khorla Bensi to Jagat (1400 M)

Time: 7-8 Hrs/17.4KM **Meals:** B+L+D **Accommodation:** Lodge

We start the day making our first cross of the Maccha Khola and trek up the trail surrounded by patches of Gurung settlements and hill farmlands. Continuing on this trail, we will reach the village of Khorla Bensi. You can enjoy the organic coffee here during your brief break. We will walk in the paths carved between hill forests to reach Tatopani.

Tatopani is a place to relax for a while and rinse up your exhaustion with the hot-water springs. We will cross through a steel bridge from here to reach the village of Dovan (1070 m). Crossing the settlements of Thulo Dunga and Yaruphant on the adjacent side of Budi Gandaki, we will reach the beautiful Gurung settlement of Jagat. Overnight at a lodge in Jagat.

Day 04: Jagat - Sirdibas - Nyak Phedi to Deng (1860 M) by walk

Time: 6-7 hours walk/18.5KM **Meals:** B+L+D **Accommodation:** Lodge

In the morning, we will have our permits to the Manaslu region checked here at Jagat. In the meantime, you can head for a Tibetan-inspired cultural village tour here with the Himalayan view. We will hike up to the Suspension bridge from Jagat and to Salleri. The segment connecting Jagat to Sirdibas is primarily flat and provides excellent views of the Siringi Himal (7161 m).

Crossing the Gandaki River once more from Sirdibas, we will walk about an hour to reach the Philim Village. We will take our lunch break here and continue our walk to Nayapul (the new bridge) via Eklebhatti. The trek routes to Tsum valley and Pawa separate from here in Nayapul. Choosing the left path from here, we will walk to Nyak and reach the village of Deng. Overnight at a lodge in Deng.

Day 05: Deng-Rana-Bihi Phedi to Namrung (2630 M)

Time: 5-6 Hours walk/17KM **Meals:** B+L+D **Accommodation:** Lodge

Today will be a shorter walking day compared to others, so we can enjoy the mountains and make stops at the beautiful intermediate sites. Walking through a canyon, we will walk beside the Budi Gandaki to reach Deng.

Ascending from the other side through the Pine forest, reach the village of Rana (1980 m). Climb up to the village of Bhim Phendi and through the gorge of Serang Khola. Going traverse the Budi Gandaki, you will reach the Ghap village in the afternoon and walk 1:00 hours to Namrung. Overnight at a lodge in Namrung.

Day 06: Namrung-Lihi to Lho (3180 M)

Time: 4-5 Hours walk/9.5KM **Meals:** B+L+D **Accommodation:** Lodge

We will start today with a refreshing tea and head for Namrung village in the first part of the day. The trail passes through pine and rhododendron forests beside the gorge. Also, one can encounter many beautiful Himalayan and migratory birds in the Manaslu circuit trek stretch.

You will cross the gorge from a wooden bridge to Namrung village. Namrung is the second checkpoint on your trek and provides you fantastic view of Ganesh and Siringi Himal. The views of these mountains accompany you walking to Lho from Lihi and Lamagaon. Also, one can trek a short hike to Ribung Gompa and return to Lho. Overnight at a lodge in Lho.

Day 07: Lho-Syala to Samagaun (3525 M)

Time: 3-4 Hours walk/7.5KM **Meals:** B+L+D **Accommodation:** Lodge

The trek portion from Lho to Samagaun is gifted with amazing landscapes and beautiful mountain flowers. From the viewpoints in the sites lying on the path, one can also have mesmerizing panoramic views of Manaslu and surrounding ranges.

Shyala will be the midpoint of our trek with pristine rhododendron forests and crystal clear streams. An hour of walk from here will lead you to the village of Samagaun. People mostly trek further and return to Samagaun for better acclimatization results. Overnight at a lodge in Samagaun.

Day 08: Rest day in Samagaun (3525 M)

Time: 2-4 Hour walk/8.2KM **Meals:** B+L+D **Accommodation:** Lodge

Acclimatization is a must for safe and effective trekking in the Himalayas. At an altitude of 3525 meters, Samagaun is strategically the perfect place to rest and plan the upcoming treks. The scenic mountain views from the village also make your stay worth it.

You will have plenty of options for short hiking around Samagaun. Punggyen Gompa, Manaslu Base Camp, Monastery of Sama town, and Birendra Tal are some of the most popular hiking destinations in Samagaun. Enjoy the Himalayan sunset and rest for the day here. Overnight at a lodge.

Day 09: Samagaun to Samdo (3875 M)

Time: 3-4 hours walk/8.2KM **Meals:** B+L+D **Accommodation:** Lodge

Today's trek is mainly elevating and with challenging sections of turns to Samdo village. The Manaslu glacier and Birendra Tal views will accompany you throughout our walk to Samdo.

In the middle of the Manaslu trekking route trail, we can see the adjacent ridge to the Lajyang La pass (5098 m). We will walk through the pasture, Yak grazing plains, and the Mani walls leading to the Samdo village. Near the Tibetan border, one can experience the dazzling reflection of the culture and art of those regions here. Overnight at a lodge in Samdo.

Day 10: Samdo-Larkye Bazaar to Dharamsala (4460 M)

Time: 3-4 Hours walk/6.5KM **Meals:** B+L+D **Accommodation:** Lodge

The Trek to Dharmasala from Samdo is a preparational walk with much time to spare for your ascend to the Larkye La pass (5160 m). We will walk past Chortens and Mani wall down to the Budi Gandaki River. After crossing the wooden bridge over it, we will reach the legendary Larkye Bazaar.

The Manaslu Circuit trail to Lajyang and Gyala leading to Tibet separate from Larkye bazaar. It was one of the most significant commercial midpoints of the central Himalayas. We will walk further up, and Mani walls lead us to Dharmashala. Rest for the day and prepare for the Larkya La Pass. Overnight at a lodge in Dharamshala.

Day 11: Dharamsala - Larkye Pass 5160mtrs to Bimthang (3590 M)

Time: 7-8 Hours Walk/16KM **Meals:** B+L+D **Accommodation:** Lodge

We will have a challenging climb to Larkye La Pass, and this trek stretch is the most difficult. The trail goes side by side to the horizontal moraine of the glacier. Follow your guide for a safe and secure passage to Bimthang from Larkye La pass. Slippery and steep sections are the most difficult one as we will walk near the top.

Prayer flags welcome you to the Pass and the magnificent view of Manaslu, Himlung, Kang Guru, and Annapurna II in Larkye La Pass. Spend some time here and start your descent to Bimthang. This stretch is mostly smooth, and the trail will drop over 1400 meters to Bimthang village. Enjoy the beautiful sunset from the ridge nearby and rest for the day. Overnight at a lodge in Bimthang.

Day 12: Bimthang - Yak Kharka - Gho to Tilije (2300 M)

Time: 6-7 Hour walk/18KM **Meals:** B+L+D **Accommodation:** Lodge

We will start our day with a quick downhill to Kechyaku Khola Glacier and cross it. We will walk through red hills covered with rhododendron forest and to Yak Kharka. One can get different shades of rhododendron in their blooming season in March and April. Also, the fantastic view of the diverse face of Manaslu is equally pristine over the hills from this trek.

We will drop from Alpine to subtropical forests leading your way to Karche. We will have our lunch and

continue crossing the Gurung village of Gho on the way. A short tour of Gho will give you more opportunities to witness the Himalayan culture and lifestyle. About an hour more walk from here will take you to the old Gurung village of Tilije. Overnight at a lodge in Tilije.

Day 13: Tilije - Besisahar to Kathmandu (1350 M)

Time: 9-10 Hour drive/225KM **Meals:** B+L **Accommodation:** Hotel

We will start the trek by walking down to the Dudh Khola Bridge and the Marsyangdi Valley and catch a public jeep from Dharapani to Beisahar. Or We can catch a jeep from Tilje to Beisisahar then we will catch a public bus to Kathmandu or Pokhara per your plan.

Note:- *We are happy to customize the trek itinerary per your interest. If you prefer to stay overnight at Besisahar that would be flexible for our value clients.*

Day 14: Kathmandu Nepal to Your Home fly

Time: 30:00M drive. **Meals:** B

We will drop international airport, Have a nice and safe flight. See you next time to Nepal for your holiday.

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