

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/ Public Jeep
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

The Manaslu Circuit Trek is a complete loop around Mount Manaslu in the Gorkha District of central Nepal. You start at Machha Khola, follow the Budhi Gandaki River upstream through a series of remote villages, cross the Larkya La Pass at 5,160 m, and descend into the Annapurna region before returning to Kathmandu.

The standard route takes 14 days. You cover around 155 km of trail. Most trekkers walk 5 to 8 hours a day, depending on the section. The highest point, Larkya La Pass, sits at 5,160 m and is the most physically demanding day of the trip.

Unlike the Annapurna or Everest routes, the Manaslu region is a restricted area. That means fewer trekkers, stricter permit requirements, and a trail that still feels wild. That is the point. You are not walking a tourist highway here.

The Manaslu Circuit Trek Route

The manaslu route follows a logical arc. You start low and warm in the subtropical hills around [Machha Khola](#). You gradually ascend through temperate forests of pine and rhododendron. Furthermore, you hit alpine terrain above 3,000 m. And then you push up to the arctic cold of the pass at 5,160 m before descending into the Annapurna Valley.



Kathamndu to Machha Khola Drive via Jeep or Bus

Within that arc, the landscape changes every two or three days. The Budhi Gandaki River gorge in the lower section is dramatic and narrow. Waterfalls drop straight into the trail. The air is warm. Butterflies cross the path. Then, somewhere around Namrung, the trees thin out and the mountains show themselves fully for the first time.

From the village of Lho onwards, you get your first proper view of Manaslu. The mountain is massive. It fills the sky in a way that makes you stop walking. Most people just stand there for a minute. That is normal.

Why Manaslu Circuit Trek is Consider Challenging Trek?

The Manaslu Circuit is hard, and the trail will test your body. On a typical day, you walk between 12 and 18 kilometres. The route looks like Loose rock, steep switchbacks, narrow ridge paths, and suspension bridges. Daily, you will hike for 5 to 7 hours continuously. After a few days, it can also push you to 8 hours, especially in the upper section after Namrung.

Your legs will feel it by day three. By day six, your body finds a rhythm, but you will find a new challenge of altitude sickness.

And then there is Larkya La Pass. You cross it at 6 am by waking up at 4 am in the dark, eating something small, strapping on, and starting climbing before the sun is fully up. The weather on the pass deteriorates fast by late morning as wind picks up, and visibility drops significantly.

The pass itself is the hardest single stretch of the Manaslu Circuit Trek. You'll have a torchlight. The trail is icy in patches. You move slowly. Your breath comes in short bursts. And the pass just keeps going. But when you reach the top and witness sunshine behind the peaks, you understand why people do this. The combination of the daily distance, walking hours, altitude sickness, and the final push to Larkya La is what makes the Manaslu Circuit challenging and rewarding.

Why Manaslu Trek Nepal?

The 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 spectacular glimpses of Manaslu 8163M, Shringi Himal 7161M, Cheo Himal 6812M, Himlung Himal 7126 M., 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 pure adventure for a couple of fantastic weeks of trekking in the Manaslu. The trek is perfect for individuals exploring the restricted and silenced mountains.

Manaslu Circuit Trek vs Annapurna Circuit

A lot of trekkers ask us this question. They have done their research, they know both treks are classics, and they cannot decide. Here is how we think about it.

If you have never trekked in Nepal and want a well-supported, well-marked trail with lots of teahouse options, start with Annapurna. The infrastructure is better. The altitude is slightly higher at Thorong La, but the whole ecosystem is better for first-timers. The terrain is more rugged. But the experience is deeper.

Trek Factor	Manaslu Circuit	Annapurna Circuit
Crowd Level	Very low - restricted area	High - fully open
Permit Needed	RAP + MCAP + ACAP	ACAP only
Solo Trekking	Not allowed	Allowed
Highest Point	Larkya La Pass at 5,160 m	Thorong La Pass at 5,416 m
Duration	14 days (standard)	12 - 18 days
Cultural Depth	Tibetan Buddhist villages	Mixed Hindu/Buddhist
Wildlife Chance	Snow leopard possible	Rare sightings
Best For	Off-path seekers	First-time circuit trekkers

One thing the table cannot show you: the feeling of walking for six hours on the Manaslu trail and seeing not one other trekking group. That is something the Annapurna Circuit cannot give you in peak season. If that matters to you, you know which trek to pick.

Permits You Need for the Manaslu Circuit Trek

This is where a lot of first-time Manaslu trekkers get confused. The [Manaslu restricted area permit](#) here is more complex than for most Nepal treks, and the rules matter. If your paperwork is wrong, you get turned back at the Jagat checkpoint. We will help you to manage all of these paper work, don't worry.



1. Manaslu Restricted Area Permit (RAP)
2. Manaslu Conservation Area Permit (MCAP)
3. Annapurna Conservation Area Permit (ACAP)
4. Tsum Nubri Rural Municipality Permit

Outline itinerary

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

Time: 30 Min **Accommodation:** Hotel

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 a bag, if you need we could arrange it on your request.
- 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.

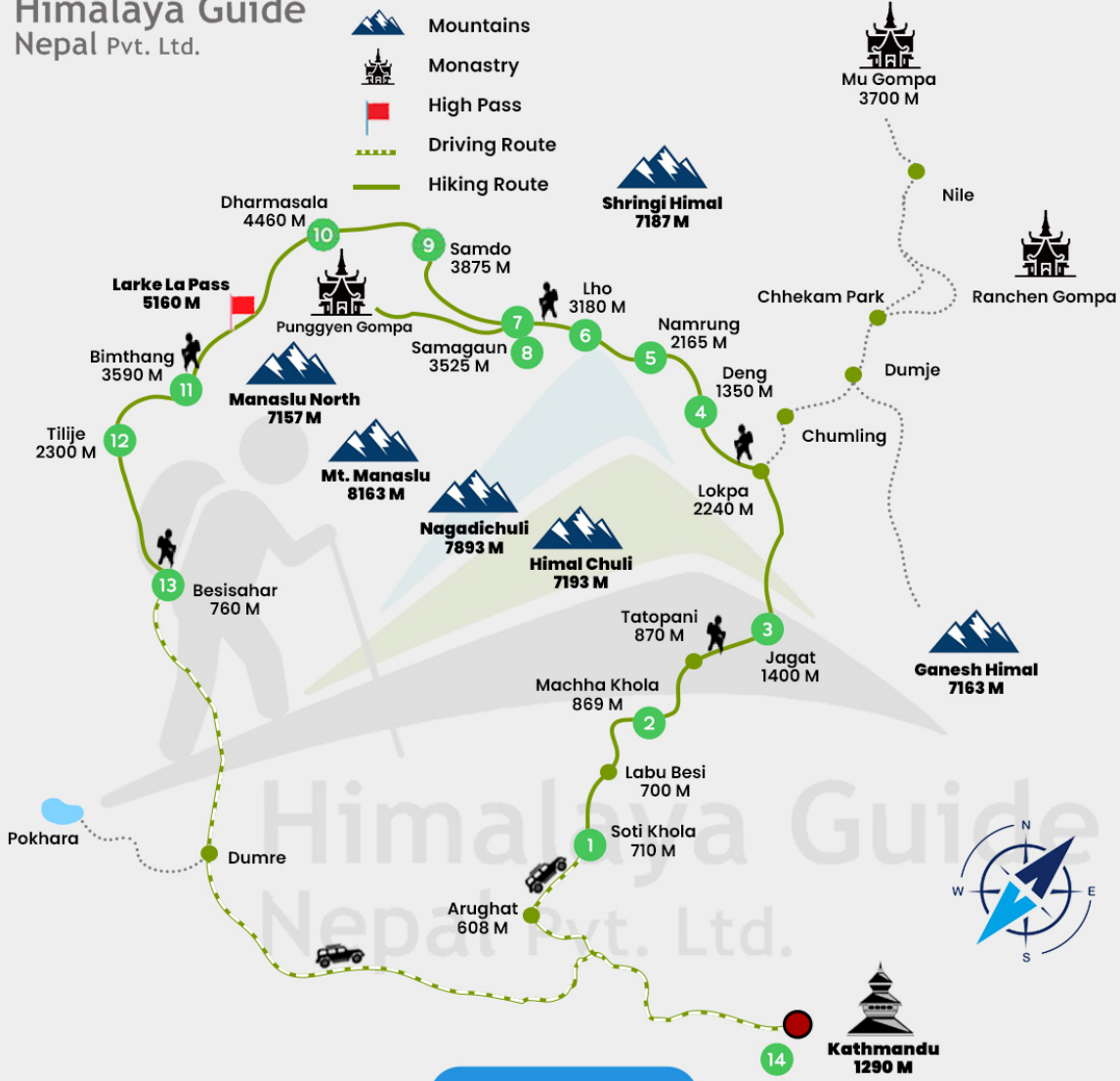
Manaslu Circuit Trek Route Map - 14 Days



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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 **Accommodation:** Hotel

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 Samagaon 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 Samagaon. People mostly trek further and return to Samagaon for better acclimatization results. Overnight at a lodge in Samagaon.

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, Samagaon 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 Samagaon. Punggyen Gompa, Manaslu Base Camp, Monastery of Sama town, and Birendra Tal are some of the most popular hiking destinations in Samagaon. 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 Bimtang 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 Bimtang. This stretch is mostly smooth, and the trail will drop over 1400 meters to Bimtang village. Enjoy the beautiful sunset from the ridge nearby and rest for the day. Overnight at a lodge in Bimtang.

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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