

Manaslu Circuit Short Trek



Duration :	10 Days
Group Size:	1-10
Max. Elevation:	5160 M, Larkya La Pass
Best Season	March - May and Sep - Nov
Trip Grade	Moderate
Transportation	Public Transportation
Meals	B+L+D
Trip Route	Kathmandu - Machha Khola - Jagat - Deng- Namrung- Lho - Samagaun - Samdo - Dharmasala - Bhimthang - Tilje -Kathmandu

Trip Overview

Manaslu Circuit Short Trek provides close up views of Mt. Manaslu at 8,163m, the eighth-highest peak in the world. It is a natural, cultural, and fairly strenuous ten-day trek. The Manaslu Circuit Short Trek gives you the same Larkya La Pass crossing at 5,160m, the same restricted Tibetan villages, and the same raw Himalayan experience as the [14 days Manaslu Circuit Trek](#), but fits into 10 days without cutting the main highlights of the route.



This short Manaslu trek is suitable for individuals who have a short vacation but still want to experience one of Nepal's most remote and least crowded trekking routes.

The trip to Manaslu is by far the most serene and enjoyable mountain trek in Nepal. This Manaslu Short Trek is less busy than the Everest Base Camp (EBC) or the Annapurna Base Camp (ABC), despite having opened since 1992.

So, where does the short Manaslu Circuit Trek begin? First, take a plane from your own country to Kathmandu, and we'll meet you at the airport. We take an early morning trip to Machha Khola after spending the night in Kathmandu. We continue on the path from Jagat to Deng, Namrung to Samagaon, heading toward [Larkya La Pass](#) and back to Kathmandu.

Manaslu Short Trek vs Manaslu Circuit Trip Comparison

Here is everything you'll require to know before you choose the Manaslu circuit package, whether it be a short Manaslu circuit trek or a standard 14 days trek.

Trek Factor	10 Day Manaslu Short Trek	14 Day Standard Trek
Duration	10 days total	14 days total
Total distance	~119 km Trek	~119 km Trek
Daily walking avg	~17 km/day on trek days	~11 km/day

Trek Factor	10 Day Manaslu Short Trek	14 Day Standard Trek
Lho overnight stop	No - passed through on Day 5	Yes - dedicated night at 3,180m
Day 5 difficulty	Long hard day, Namrung to Samagaun 17km	Short day, Namrung to Lho 9.5km
Samagaun rest day	No, move to Samdo next morning	Yes, full acclimatization day
Larkya La Pass	Yes - Same Route, 5,160m	Yes - Same Route, 5,160m
Max elevation	5,160m (Larkya La Pass)	5,160m (Larkya La Pass)
Difficulty	Moderate to challenging	Moderate to challenging
Price - solo	USD 1,025 / person	USD 1,150 / person
Price - 2 to 4 PAX	USD 810 / person	USD 860 / person
Price - group 11+	USD 685 / person	USD 755 / person
Permits required	MCAP + ACAP + RAP	MCAP + ACAP + RAP
Guide mandatory	Yes - licensed guide required	Yes - licensed guide required
Solo trekking	Not allowed	Not allowed
Food quality	Same teahouse menu throughout	Same teahouse menu throughout
Accommodation	Same teahouse lodges	Same teahouse lodges
Mt. Manaslu views	From Lho onward - full views	From Lho onward - full views
Best season	March to May, September to November	March to May, September to November
Tibetan culture villages	Namrung, Samagaun, Samdo (Lho passed)	Namrung, Lho, Samagaun, Samdo
Best for	Fit trekkers, 10-12 days available, altitude experience	Trekkers with 14+ days, first-timers above 3,000m

Outline itinerary

00: Arrival in International Airport Nepal 1350m.

Time: 30:00M Drive **Accommodation:** Hotel

00: Permit Preparation Day in Kathmandu 1350mtrs.

Meals: B **Accommodation:** Hotel

01: Drive from Kathmandu to Machhakhola 869 Meter.

Time: 7-8 hours/155KM **Meals:** B+L+D **Accommodation:** Lodge

02: Trek from Machhakhola to Jagat (1,410m) via Khorla Bensi and Dovan

Time: 6-7 Hours Walk/17.5KM **Meals:** B+L+D **Accommodation:** Lodge

03: Trek from Jagat to Deng (1,350m) via Pawa

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

04: Trek from Deng to Namrung (2,165m) via Rana and Bihi Phedi

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

05: Trek from Namrung to Samagaun (3,525m) via Lihi

Time: 6-7 hours/17KM **Meals:** B+L+D **Accommodation:** Lodge

06: Trek from Samagaun to Samdo 3,875 Meter

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

07: Trek from Samdo to Dharamsala (4,460m) via Larkye Bazaar

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

08: Cross Larkya La Pass (5,160m) and trek to Bimthang 3,590 Meer

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

09: Trek from Bimthang to Tilije (2,300m) via Yak Kharka and Gho

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

10: Drive from Tilije to Besisahar by public jeep and Kathmandu by public bus

Time: 9-10 Hours drive/225KM **Meals:** B+L+D **Accommodation:** Lodge

Costs Included

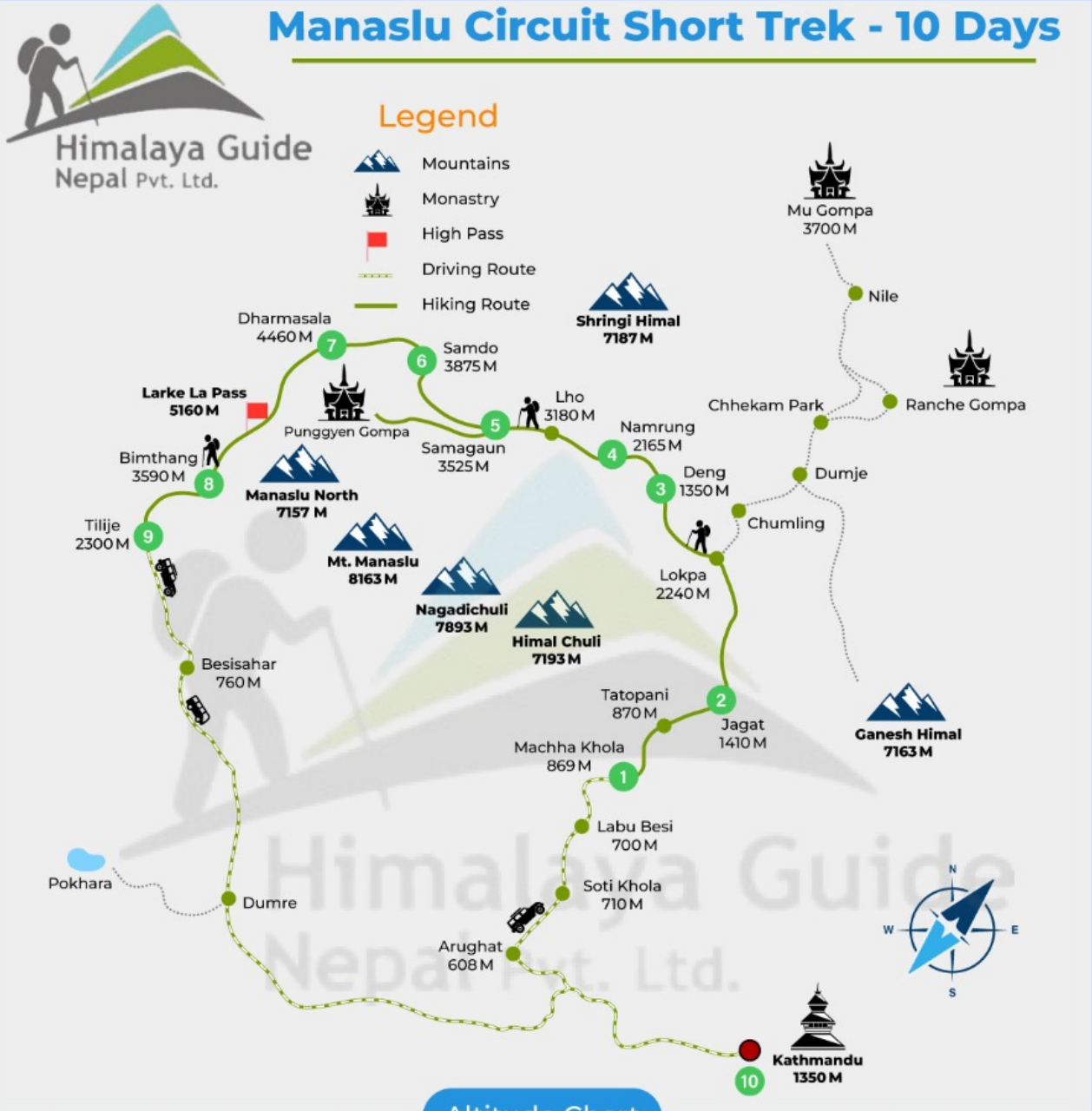
- International airport picks up and drops service.
- 2 Nights standard hotel in Kathmandu in BB plan.
- Bus ticket to Machha Khola by public bus.
- Dharapani to Beissahar by public jeep.
- Deluxe bus Besisahar to Kathmandu
- Three meals daily (Breakfast, Lunch, and Dinner along the trek).
- Lodge accommodation on the way.
- An experienced guide (including his salary, equipment, insurance, transportation, lodging, and food)
- Equipment; Down Jacket, Sleeping Bag.
- Legal documents (MCAP permit, ACAP, and Manaslu restricted area permit).
- Local government entry fee.
- All government taxes.
- Trekking map.

- Trekking duffle bag if needed.
- First aid medical box.
- Some fresh and dry fruits along the trek.
- Token of love from the company.
- Farewell, lunch/dinner is a suitable time.

Cost Excluded

- Extra night accommodation in Kathmandu.
- Travel insurance.
- [Porter services](#); if you need them, we are happy to organize them for you.
- Hot and Cold drinks such as; Tea/Coffee, Coke, Mineral Water, Beer, etc.
- Personal expenses (laundry, bar bill, telephone, extra helper, battery charge shower, and boiled water).
- Tips are expected.

Manaslu Circuit Short Trek - 10 Days



Altitude Chart



Your Journey day by day

00: Arrival in International Airport Nepal 1350m.

Time: 30:00M Drive **Accommodation:** Hotel

Welcome to Nepal. Upon arrival at Tribhuvan International Airport from your home, our representatives will welcome you with a garland and escort you to your hotel. The moment you land and drive, you'll feel the freshness in the air.

The drive from Tribhuvan International Airport takes you through busy streets and offers a glimpse of the Kathmandu Valley. As you get to your hotel, you'll check in and freshen up. In the evening, you can roam around the Thamel area and sleep peacefully at your hotel.

- **Himalayan Highlight:** First glimpse of Nepal's cultural chaos and mountain spirit.
- **Trekker's Mood:** Excited and curious

00: Permit Preparation Day in Kathmandu 1350mtrs.

Meals: B **Accommodation:** Hotel

This day is kept as a preparation day for the Manaslu Circuit Short trek in Kathmandu. Your guides arrange all required permits for the short Manaslu Circuit Trek, including the [manaslu restricted area permit](#) and conservation-area permits. Obtaining the permit before starting the trek makes you feel less rushed and safer.

After all the paperwork is completed, you can explore the city. Whether you wander through the narrow lanes of Thamel, sip Nepali tea, or visit heritage sites, the city offers something for everyone. In the evening, you may attend a short trek briefing with your guide.

Additionally, check your gear, calm your mind, and mentally prepare yourself. Also, pack only essential items, as even small items can add to the burden during your trek. Day's dinner and overnight stay are at the hotel in Kathmandu.

- **Himalayan Highlight:** Gateway city to the remote Himalayas
- **Trekker's mood:** Prepared and eager

01: Drive from Kathmandu to Machhakhola 869 Meter.

Time: 7-8 hours/155KM **Meals:** B+L+D **Accommodation:** Lodge

Today, the journey to the Manaslu Circuit Short Trek actually begins. Have your morning meal early, and we'll pick you up from your hotel, and the day will start. You'll leave Kathmandu city's chaos and drive alongside rivers and terraced hills.



After Dhading, the drive takes you on a bumpy, adventurous route. You'll follow the Budhi Gandaki River, which will be your companion for many days. By evening, you reach Machha Khola, which indeed provides you with a sense of the journey's beginning.

As you check into the lodge, get refreshed and enjoy the sound of the river. The day's overnight stay and dinner are at the lodge of [Machha Khola](#).

- **Himalayan Highlight:** Scenic river drive along Budhi Gandaki
- **Trekker's Mood:** Adventurous but slightly tired

02: Trek from Machhakhola to Jagat (1,410m) via Khorla Bensi and Dovan

Time: 6-7 Hours Walk/17.5KM **Meals:** B+L+D **Accommodation:** Lodge



Wake up to the Himalayan scenery and enjoy your breakfast while enjoying crisp air. From today, your boots touch the Manaslu's trail, marking the beginning of the Short Manaslu Circuit Trek. The route passes through the forested and stone steps in the initial phase.

After walking for a while, you'll pass through Khorla Besi and notice hot springs and small tea houses where you can stop to rest. The route crosses suspension bridges and narrow river paths near Doban. As you step forward, the sound of rushing water sounds stronger.

A 6-8-hour walk from Maccha Khola takes you to the day's final destination, Jagat. The village marks the gateway to Machha Khola. Likewise, checkpoints in the village mark the entrance to the restricted Manaslu region. Stay overnight and have dinner at Jagat.

- **Himalayan Highlight:** River gorge and entry to the Manaslu region
- **Trekker's Mood:** Energized and proud

03: Trek from Jagat to Deng (1,350m) via Pawa

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

Another day in the Manaslu Short Trek. Start your day with crisp mountain air and a hearty breakfast. The day starts with a pleasant walk alongside the Budhi Gandaki River, crossing suspension bridges. Similarly, you'll pass through small villages with stone-paved pathways with prayer wheels.

The route takes you through forests and landslides section, passing through villages like Salleri and Philim. The highlight of the walk is passing through the local Gurung villages, which makes it a culturally rich journey. After Philim, the trail becomes quieter and more natural, which goes through the forest and narrow river gorges.

After about 6 to 8 hours of walking, you reach Deng, a small and peaceful village. Reaching this destination is special because you can clearly see the change in nature and culture. Stay overnight and have dinner in Deng Village.



- **Himalayan Highlight:** First Tibetan cultural influence
- **Trekker's Mood:** Focused and observant

04: Trek from Deng to Namrung (2,165m) via Rana and Bihi Phedi

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

Pack your day's bag and start walking after breakfast. The walk starts along the Budhi Gandaki River, through forests of pine and fir. The pathway goes up and down many times. After a continuous climb, you reach Rana, a small settlement surrounded by greenery.



After Rana village, the path continues toward Bihi Phedi, where the valley opens up with wider views. After a continuous walk, you will notice more mani walls, prayer flags, and chortens, showing that you are entering the Nubri region. Here, Tibetan Buddhist culture is very strong, and houses are traditional stone buildings with wooden windows.

Namrung welcomes you with beautiful mountain views and a cultural atmosphere. The day is also interesting because it shows the transition from lower river-valley landscapes to higher Himalayan terrain. Overnight at Namrung village.

- **Himalayan Highlight:** First clear snow-capped mountain views
- **Trekker's Mood:** Inspired and stronger

05: Trek from Namrung to Samagaun (3,525m) via Lihi

Time: 6-7 hours/17KM **Meals:** B+L+D **Accommodation:** Lodge

Day five takes you from Namrung to Samagaun. Leaving Namrung, you'll walk through forests of pine and rhododendron with your first clear views of snow-covered peaks. After a few hours of walking, you'll get to Lihi, a traditional village with stone houses, barley fields, chortens, and mani walls.



From Lihi, the route continues through small settlements like Sho and then to Lho, where you get a spectacular view of Mount Manaslu, the highlight of the day. As you move higher, trees come less into view, and the landscape turns more alpine and dry. After around 6-7 hours of trekking, you'll reach Samagaun, a large and important village in the Manaslu region.

Samagaun is a major, high-altitude village and a vital stop on the short Manaslu Circuit Trek. As a major stop, it has numerous tea houses, lodges, and a health post for the treatment of acute mountain sickness (AMS). The overnight stay and dinner for the day are at the Samagaun teahouse.

- **Himalayan Highlight:** Stunning close view of Mount Manaslu
- **Trekker's Mood:** Amazed and humbled

06: Trek from Samagaun to Samdo 3,875 Meter

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

Generally, Samagaun is a common acclimatization stop before heading higher toward Samdo and Larkya la Pass. But since it is a short Manaslu trek, we skip the day and make our way toward another village instead of staying another day at Samagaun. As usual, the day starts after breakfast.

The trek from Samagaun takes you slowly through an open landscape with a motivating view of mountain peaks. The pathway is gentle, which follows the riverside to Budhi Gandaki. Similarly, the route follows seasonal tea houses, yak grazing, and stone walls.

As you continue walking, the route becomes more challenging, not because it is steep but because of the increasing altitude. After gaining about 300 meters of elevation, you'll get to Smado village. The day's overnight stay is at Samdo.

- **Himalayan Highlight:** High-altitude Tibetan-style village
- **Trekker's Mood:** Calm and slightly breathless

07: Trek from Samdo to Dharamsala (4,460m) via Larkye Bazaar

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

Day seven is one of the shortest yet most challenging days on the Manaslu Circuit Short Trek. As you start trekking from Samdo, you'll walk through a wide and open landscape. You'll notice dry and rocky paths, but surrounded by mountain peaks.



Along the way, you'll pass through Larkya Bazaar, an old seasonal trading place that was once used by traders from Nepal and Tibet. After the place, you'll walk through a tough section that's rough and sometimes windy. Also, due to the high altitude, one step feels tiring.

After walking for about 3-4 hours, you'll get to Dharamsala, also known as Larkya Phedi, which means the base of Larkya Pass. Dharamsala is a small settlement with basic teahouses where trekkers rest before crossing the high Larkya La Pass the next day. Stay overnight and have dinner at Dharamsala.

- **Himalayan Highlight:** Historic trade route
- **Trekker's Mood:** Nervous but determined

08: Cross Larkya La Pass (5,160m) and trek to Bimthang 3,590 Meer

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

This is one of the most remarkable and challenging days on both the standard and short Manaslu Circuit. You'll start early in the morning with a headlamp because the weather is clearer and the winds are calmer in the morning. The pathway to Larkya La from Dharmasala is not easy; instead, it includes climbing over rocky and icy paths.



After a long climb, you'll get to Larkya La, the highlight of the Manaslu Circuit. Colorful prayer flags mark the top of the pass, and from there, you can catch your breath with views of Himlung Himal, Cheo Himal, Kang Guru, and Annapurna II. Spend some time at the pass, congratulate yourself, click photos, then start descending to Bimthang.

As you begin to descend, the landscape changes from rocky alpine terrain to greener meadows. After several hours of downhill walking, you'll get to Bhimtang. It is a long day that takes about 8-10 hours, but it is worth it. Stay overnight at Bhumtang's teahouse.

- **Himalayan Highlight:** Crossing Larkya La Pass (5,160m)

- **Trekker's Mood:** Victorious and emotional
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09: Trek from Bimthang to Tilje (2,300m) via Yak Kharka and Gho

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

Wake up, champion. You have completed the toughest part of the trek. Have your morning meal without a rush. After breakfast, pack your bag and start the return journey, that include downhill section.

The initial phase of the walk includes walking through open meadows with beautiful mountain views behind you. Then, the route descends through rhododendron and pine forests. After an hour of walking, you'll get to Yak Kharka, where you can see yaks grazing during the warmer season.

After Yak Kharka, the path continues towards Gho village, a peaceful small settlement with traditional stone houses. From Gho, the route drops and take you to day's destination, Tilje.

- **Himalayan Highlight:** Landscape shift from alpine to forest
 - **Trekker's Mood:** Relaxed and satisfied
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10: Drive from Tilje to Besisahar by public jeep and Kathmandu by public bus

Time: 9-10 Hours drive/225KM **Meals:** B+L+D **Accommodation:** Lodge

It's the day you have to say goodbye to the Manaslu region. After breakfast at the accommodation point where you've stayed the day before, you'll take a public jeep to Besisahar from Tilje. The jeep drive takes you through the countryside, waterfalls, and narrow mountain roads via rough and bumpy roads.


Once you reach Besisahar, you'll change to a public bus to Kathmandu. The road passes through Prithvi Highway, which takes you via paved and winding sections. Along the way, you'll see rivers, green hills, and roadside villages.

By evening, you'll get to Kathmandu, where the journey to the Short Manaslu Circuit begins. But this time, you'll be in the city carrying the Himalayas within you. Upon arrival, our representative will drop you off at the hotel where you'll spend the night.

- **Himalayan Highlight:** Completion of Manaslu Circuit journey
- **Trekker's Mood:** Proud and nostalgic

If you are looking for an alternative and longer trek, you must visit this [Manaslu Circuit 14 Days Trek](#).

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