



**Manaslu Guides Nepal**  
**A Local Guides-owned company**  
**Explore Manaslu With Trusted Local Experts!**

## **Manaslu Circuit Trek-12 Days**

**Organized By: Manaslu Guides Nepal**

### **Short Overview**

The Manaslu Circuit Trek is one of Nepal's most rewarding journeys, combining stunning Himalayan scenery with rich cultural experiences. This trek surrounds the world's eighth-highest mountain, Mt. Manaslu (8,163m), and provides a less crowded alternative to the Annapurna Circuit and Everest base camp trek while still offering dramatic landscapes, remote villages, and high mountain passes. Walking through lush valleys, Buddhist monasteries, and traditional Tibetan-influenced communities, trekkers encounter both natural beauty and cultural richness. The highlight is crossing the Larke Pass (5,160m), an exciting challenge that rewards with panoramic views. In just 12 days, the Manaslu Circuit offers adventure, diversity, and unforgettable Himalayan memories.

**Cities: Kathmandu, Machhakhola, Jagat, Namrung, Samagaun, Samdo, Bhimthang, Dharapani, Besisahar, Pokhara/Kathmandu**

### **12 Days Manaslu Circuit Trek Outline Itinerary**

**Day 01: Kathmandu to Machhakhola 8-9 hrs. Drive by a Bus. (930m / 3,051ft)**

<b>DAY-01: TRIP FACT</b>	
<b>Driving Distance</b>	<b>160 KM.</b>
<b>Duration</b>	<b>8-9 Hours' Drive</b>
<b>Elevation Change</b>	<b>-496m/-1627ft.</b>
<b>Meals</b>	<b>Breakfast/Lunch/Dinner</b>
<b>Accommodation</b>	<b>Guest House/ Lodge</b>

Early morning breakfast at the hotel, our staff will pick you up and drive to the bus park (Optional: a private vehicle). We travel by a bus or jeep to Machhakhola, from where the Manaslu Area and the Trek begin. Dinner and an overnight stay at the Machhakhola Hotel.

## Day 02: Trek from Maccha Khola to Jagat, 6-7 hours. (1,340m/ 7,676ft)

DAY-02: TRIP FACT	
<b>Trek Distance</b>	20 KM.
<b>Duration</b>	5-6 Hours Trek
<b>Elevation Change</b>	+410 m/1,344ft.
<b>Meals</b>	Breakfast/Lunch/Dinner
<b>Accommodation</b>	Guest House/ Lodge

After breakfast, you will depart from Machhakhola and begin your trek towards Jagat. The trail will take you through a beautiful forest, where you will have the opportunity to see a variety of wildlife, including monkeys, birds, and deer. You will also pass by several waterfalls and a mani wall, which is a wall of stones inscribed with Buddhist prayers. In the afternoon, you will arrive in Jagat, a small village that is located at the foot of the Ganesh Himal. Jagat is a popular stop for trekkers, and there are several teahouses and lodges where you can stay. In the evening, you will enjoy dinner and then relax at your lodge.

**Traveler's note:** Amazing views of the Ganesh and Shingri Himal await us today, from Jagat the previous restricted trekking area will start along with our adventure!

## Day 03: Jagat trek to Deng 6-7 hours walking (1,860m/6,102 ft)

DAY-03: TRIP FACT	
<b>Trek Distance</b>	22 KM.
<b>Duration</b>	7-8 Hours Trek
<b>Elevation Change</b>	+520 m/1,705ft.
<b>Meals</b>	Breakfast/Lunch/Dinner
<b>Accommodation</b>	Guest House/ Lodge

The trek from Jagat to Deng is a relatively long day. The trail starts out by heading gently uphill, followed by a flat plateau. You will then reach a river crossing, where you will cross the suspension bridge over the Bhudi Gandaki River and enter Philim village. From Philim, the trail continues uphill until you reach Ekle Bhatti. This is a small village that is located at the top of a ridge. From Ekle Bhatti, you will cross another suspension bridge and descend into Deng. you will have Lunch on the way Deng is a small village that is located in the middle of a valley. There are several teahouses and lodges in Deng, where you can stay for the night. In the evening, you can enjoy dinner and then relax at your lodge.

## Day 04: Trek from Deng trek to Namrung (2,630m/8,628ft)

DAY-04: TRIP FACT	
<b>Trek Distance</b>	19 KM.
<b>Duration</b>	6-7 Hours Trek
<b>Elevation Change</b>	+770 m/2,525ft.
<b>Meals</b>	Breakfast/Lunch/Dinner
<b>Accommodation</b>	Guest House/ Lodge

After breakfast, depart and head down to the riverside. Cross the bridge and climb upwards to Ranagoan. Trek further to Bihi Phedi. The trail splits into two ways, take the right-hand trail to Ghap we may have Lunch there in Ghap. After passing through Ghap village, climb up to Namrung. Have dinner and stay overnight at Namrung village.

**Traveler's note:** Today, we're going to get clear views of the Ganesh, Shingri and Kutang Himal.

#### Day 05: Namrung to Lho (3,180m / 10,433ft)

DAY-05: TRIP FACT	
<b>Trek Distance</b>	10 KM.
<b>Duration</b>	4-5 Hours Trek
<b>Elevation Change</b>	+550 m/+1,804ft.
<b>Meals</b>	Breakfast/Lunch/Dinner
<b>Accommodation</b>	Guest House/ Lodge

A culturally enriching day. Lho village has a strong Tibetan Buddhist feel and offers the first clear views of Mt. Manaslu. Explore Ribung Gompa.

#### Day 06: Lho to Sama Gaun (3,530m / 11,581ft)

DAY-06: TRIP FACT	
<b>Trek Distance</b>	9 KM.
<b>Duration</b>	5-6 Hours Trek
<b>Elevation Change</b>	+350 m/+1,148ft.
<b>Meals</b>	Breakfast/Lunch/Dinner
<b>Accommodation</b>	Guest House/ Lodge

Trek through forested trails and alpine meadows. Sama Gaun is the largest village in the Manaslu region, with traditional houses, a monastery (Kargyu Chholing Gompa), and Yak pastures.

#### Day 07: Acclimatization day in Sama Gaun – visit Pung Gyen Gompa/Birendra Lake or

## Manaslu Base camp

DAY-07: TRIP FACT	
<b>Trek Distance</b>	13/14 KM
<b>Duration</b>	6/7 hours
<b>Elevation Change</b>	None
<b>Meals</b>	Breakfast/Lunch/Dinner
<b>Accommodation</b>	Guest House/ Lodge

A rest and exploration day. Hike to Pung Gyen Gompa or manaslu Basecamp with panoramic views of Mt. Manaslu and explore yak herder settlements.

### Day 08: Sama Gaun to Samdo (3,860m / 12,660ft)

DAY-08: TRIP FACT	
<b>Trek Distance</b>	8 KM.
<b>Duration</b>	3-4 Hours Trek
<b>Elevation Change</b>	+330 m/+1,082ft.
<b>Meals</b>	Breakfast/Lunch/Dinner
<b>Accommodation</b>	Guest House/ Lodge

A gradual walk above the tree line to the village of Samdo, located near the Tibetan border. Rich in culture and mountain charm.

### Day 09: Samdo to Dharamsala/Larkya Phedi (4,460m / 14,632ft)

DAY-09: TRIP FACT	
<b>Trek Distance</b>	7 KM.
<b>Duration</b>	4-5 Hours Trek
<b>Elevation Change</b>	+600 m/+1,968ft.
<b>Meals</b>	Breakfast/Lunch/Dinner
<b>Accommodation</b>	Guest House/ Lodge

After breakfast, you will depart for the foot of the Larya La, Dharmasala. You will pass a seasonal Tibetan market called Larke Bazaar beside to the Budi Gandaki River. The trail will lead you slowly upwards until you reach your overnight stop. In the evening, you will enjoy dinner and an overnight stay in Dharmasala. Next day you will pass Larkya La at 5,160 meters, better take a good night rest and prepare your camera batteries. Dharmasala is also known as Larkya Phedi, you'll see some traditional monasteries. While walking towards dharamsala. This day is a shorter hike; more rest for acclimatization and preparing for next day adventure.

### Day 10: Cross Larkya La (5,106m / 16,752ft) and trek to Bimthang (3,720m/ 12,204ft)

DAY-10: TRIP FACT	
<b>Trek Distance</b>	23 KM.
<b>Duration</b>	8-9 Hours Trek
<b>Elevation Change</b>	-740 m/-2427ft.
<b>Meals</b>	Breakfast/Lunch/Dinner
<b>Accommodation</b>	Guest House/ Lodge

The most challenging and rewarding day! Cross the snow-covered Larkya La Pass with jaw-dropping views of Himlung, Cheo Himal, and Annapurna II. Descend to the beautiful valley of Bimthang.

### Day 11: Bimthang to Tilje (2,300m/7,546ft)

DAY-11: TRIP FACT	
<b>Trek Distance</b>	20 KM.
<b>Duration</b>	6-7 Hours Trek
<b>Elevation Change</b>	-1,420 m/-4,657ft.
<b>Meals</b>	Breakfast/Lunch/Dinner
<b>Accommodation</b>	Guest House/ Lodge

Trek through lush forests and rhododendron groves. Goa is a peaceful village, perfect for resting after the long pass.

### Day 12: Trek from Tilje to Dharapani (1,963m / 6,440ft), Then drive to Kathmandu

DAY-12: TRIP FACT	
<b>Distance</b>	5 KM walk, 231 KM. Drive
<b>Duration</b>	8-9 Hours
<b>Elevation Change</b>	-900 m/-2,952ft.
<b>Meals</b>	Breakfast/Lunch
<b>Accommodation</b>	Hotel

This is your last day of the massive Manaslu circuit trek. After breakfast in Tilje, we will trek down to Dharapani for about 1.5 hours. The trail becomes more populated as we descend into the lower Annapurna region. Dharapani is a junction point of the Annapurna Circuit. From where sharing jeeps are available, in Dharapani, the guide will arrange a jeep to take you to Besisahar, a scenic off-road drive through beautiful villages, farmlands, and waterfalls along the Marsyangdi River. The road leads through pine forests and several small villages. The drive takes approximately 2-3 hours. Arrive in Besisahar, have your lunch, after lunch you will be driven to your destination, Kathmandu or Pokhara.



# Manaslu Circuit Trek

**DAYS**  
**16**



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12 Days Manaslu Circuit Trek Cost	
1 Trekker	USD 1032
2-3 Trekkers	USD 950
4-5 Trekkers	USD 880
6-9 Trekkers	USD 840
10-15 Trekkers	USD 800
16-20 Trekkers	USD 770

**Cost Included**

## ✓ Ground Transportations:

- Airport pickup/drop-off by Van (Complementary)
- Transport from Kathmandu to Machha-Khola (trekking starting point) by Bus.
- Dharapani to Besisahar (trekking ending point to town) by shared off-road Jeep.
- From Besisahar to Pokhara (the road is nice) by Bus.
- ✓ All necessary conservation and restricted area permits & fees (Entry Permit, Manaslu conservation area permit, Annapurna conservation permit and Manaslu Restricted area special permit).
- ✓ Three Meals a day (Breakfast, Lunch, and Dinner) during the trek as indicated by the itinerary.
- ✓ All Accommodation during the trek in local lodges/guesthouses.
- ✓ A Professional Government license, trekking guide.
- ✓ 3 Strong Porters during the trek (one porter for two trekkers)
- ✓ A comprehensive medical kit.
- ✓ All government and local taxes for Trekking
- ✓ Insurance of trekking staff (guide and porters) their salary, food, and accommodation.
- ✓ Welcome or farewell Dinner in Kathmandu, before or after the trek

## Cost Exclude:

- ✗ Foods and Accommodations in Kathmandu.
- ✗ Insurance which covers medical, emergency evacuation, lost, theft expenses.
- ✗ Drinks: both alcoholic and bottled, other than normal drinking water in mountain.
- ✗ Personal gear and expenses, Laundry fees, wifi, battery charging etc.
- ✗ Tips and gratuities for the trekking Guide and porter.
- ✗ Extra expenses due to flight delays, strikes, weather conditions, or any event out of our control

***Note: if you want to spend additional days in the mountain, we will provide the service. You can pay extra days cost once you are back from mountain.***

## Suggested Equipment list for this trip

- Duffel/Rucksack bag/Suitcase (if needed, we provide one complimentary duffel bag that is to be returned after the trip)
- Day pack
- Trekking shoes
- Sports shoes or sandals
- Sun Hat/cap
- Warm woolen cap
- Warm fleece jacket or puffy jacket
- Waterproof Gore-Tex layer
- Pullover or warm sweater
- Raincoat
- 4-5 pairs of good-quality socks

- Hand gloves
- 2-3 pairs of trekking trousers
- Crampons
- 3-4 pairs of trekking shirts
- 3-4 pairs of underwear (non-cotton preferred)
- Travel insurance: Carry a copy of your passport, emergency contacts, and insurance with you. Also, ensure you have provided the insurance company and policy number. Your insurance should cover an altitude of above 5,000 m and must include emergency evacuation.
- Electrical socket: In Nepal, the power sockets are of type C (Euro), D, and M.
- Mobile Network: The network will be poor throughout the trek. Paid Wi-Fi can be availed from tea lodges at 4-5 USD. Video calling may not be feasible; however, messages can be sent every day.
- Sunglasses
- Water bottle
- 4-season sleeping bag
- Flash or Torch light
- Camera and batteries



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