



Manaslu Guides Nepal
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Manaslu Circuit Trek-14 Days

Organized By: Manaslu Guides Nepal

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Short Overview

The 14 Days [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 14 days, the [Manaslu Circuit](#) offers adventure, diversity, and unforgettable Himalayan memories.

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

14 Days Manaslu Circuit Trek Outline Itinerary

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

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

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 Machhakhola to Jagat, 6-7 hours. (1,340m/ 7,676ft)

DAY-02: TRIP FACT	
Trek Distance	20 KM.
Duration	5-6 Hours Trek
Elevation Change	+410 m/1,344ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	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	
Trek Distance	22 KM.
Duration	7-8 Hours Trek
Elevation Change	+520 m/1,705ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	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	
Trek Distance	19 KM.
Duration	6-7 Hours Trek
Elevation Change	+770 m/2,525ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	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: Trek from Namrung to Lho (3,180m / 10,433ft)

DAY-05: TRIP FACT	
Trek Distance	10 KM.
Duration	4-5 Hours Trek
Elevation Change	+550 m/+1,804ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	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: Trek from Lho to Sama Gaun (3,530m / 11,581ft)

DAY-06: TRIP FACT	
Trek Distance	9 KM.
Duration	5-6 Hours Trek
Elevation Change	+350 m/+1,148ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	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 Gyan Gompa/Birendra Lake or Manaslu Base camp

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

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

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

DAY-08: TRIP FACT	
Trek Distance	8 KM.
Duration	3-4 Hours Trek
Elevation Change	+330 m/+1,082ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	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: Another Acclimatize Day in Samdo - visit Tibet Border and Samdo view point or just Rest

DAY-09: TRIP FACT	
Trek Distance	Depends where you go
Duration	Depends where you go
Elevation Change	None
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

A rest and exploration day in Samdo. if you like, can hike to the Tibet Border or Samdo viewpoint or just rest at the hotel and be well prepared for next adventures

Day 10: Samdo to Dharamsala/Larkya Phedi (4,460m / 14,632ft)

DAY-10: TRIP FACT	
Trek Distance	7 KM.
Duration	4-5 Hours Trek
Elevation Change	+600 m/+1,968ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

After breakfast, you will depart for the foot of the Larya La, Dharamsala. 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 Dharamsala. 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 11: Cross Larkya La Pass (5,106m / 16,752ft) and trek to Bhimthang ((3,720m/12,204ft)

DAY-11: TRIP FACT	
Trek Distance	23 KM.
Duration	8-9 Hours Trek
Elevation Change	-740 m/-2427ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	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 12: Trek from Bhimthang to Tilje (2,300 m/7,546 ft)

DAY-12: TRIP FACT	
Trek Distance	12 KM.
Duration	4-5 Hours Trek
Elevation Change	-1,420 m/-4,657ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

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

Day 13: Tilje trek to Dharapani and drive to Besisahar by jeep. 6/7 hours.
(Dharapani-1, 860m/6,102ft and Besisahar 760m / 2,493ft)

DAY-13: TRIP FACT	
Trek Distance	10 KM/ Road 36 Km
Duration	2/3 Hours Trek (3/4H Drive)
Elevation Change	-1540 m/-5,051ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

After breakfast in Tilje, you begin a pleasant walk-through terraced fields and traditional villages. The trail gradually ascends to **Dharapani**, where the Manaslu Circuit officially meets the Annapurna Circuit trail. From Dharapani, you take a shared or private jeep drive along a scenic mountain road following the Marsyangdi River. The drive passes through small settlements and lush hillsides before reaching **Besisahar**, the district headquarters of Lamjung. Upon arrival, you can relax and enjoy a comfortable stay after completing the adventurous Manaslu Circuit trek.

Day 14: Drive to Kathmandu or Pokhara by Tourist Bus 5/6 hrs. driving.
(175 km to Kathmandu / 110 km to Pokhara)

DAY-14: TRIP FACT	
Driving Distance	175/110 KM.
Duration	5/6 Or 3/4-Hour Drive
Elevation Change	Depends where you go
Meals	Breakfast/Lunch
Accommodation	Standard Hotel

After breakfast in Besisahar, you drive back to **Kathmandu** along the scenic Prithvi Highway, following the Trishuli River with beautiful views of hills, terraced farms, and riverside villages. Upon arrival in Kathmandu, you will be transferred to your hotel, marking the end of your memorable 14 Days Manaslu Circuit Trek.

If time permits, you may choose to drive to **Pokhara** instead. The journey to Pokhara offers stunning landscapes and a relaxing lakeside atmosphere perfect for unwinding after your Himalayan adventure. This concludes your incredible journey through remote valleys, sacred monasteries, high mountain passes, and authentic Himalayan culture.

Manaslu Circuit Trek

DAYS
14

Legend

- Difficulty Level: Moderate
- Max Altitude: 5106m
- Trekking Route: 
- Secondary Route: 
- Driving Route: 
- Lake: 
- Passes: 
- Mountain: 



14 Days Manaslu Circuit Trek Cost

1 Trekker	USD 1099
2-3 Trekkers	USD 993
4-5 Trekkers	USD 965
6-9 Trekkers	USD 920
10-15 Trekkers	USD 885
16-20 Trekkers	USD 850

Cost Included

✓ Ground Transportations:

- Airport pickup service (Complementary)
- Transport from Kathmandu to Machha-Khola (trekking starting point) by Jeep.
- Dharapani to Besisahar and Kathmandu by Jeep.

✓ Necessary Permits:

- Entry Permit (Manaslu Rural Local Government Fee)
 - Manaslu Conservation Area Permit (MCAP)
 - Annapurna Conservation Area Permit (ACAP)
 - Manaslu Restricted Area Special Permit (MRAP)
- ✓ 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.
 - ✓ A Strong personal Porter 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 porter) their salary, food, and accommodation.
 - ✓ Welcome or farewell Dinner in Kathmandu, before or after the trek

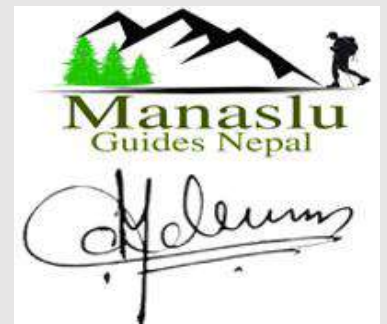
Cost Exclude:

- ✗ Food and Accommodation 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, Wi-Fi, 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: For a Single Trekker, there is no porter, which costs an additional USD 280

Suggested Equipment List

- ✓ 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)
 - ✓ Sunglasses
 - ✓ Water bottle
 - ✓ sleeping bag
 - ✓ Flash or Torch light
 - ✓ Camera and batteries
- 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.



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