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Manaslu Circuit Trek-11 Days

Organized By: Manaslu Guides Nepal

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Short Overview

11 Days 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 11 days, the Manaslu Circuit offers adventure, diversity, and unforgettable Himalayan memories.

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

11 Days Manaslu Circuit Trek Outline Itinerary

Day 01: Kathmandu to Machhakhola 8-9 hrs. By Bus and 6-7 hrs. By Private Jeep (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: Trek from Jagat 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 Shyala Village 5-6 Hours (3,500m/11,483ft)

DAY-05: TRIP FACT	
Trek Distance	14 KM.
Duration	6-7 Hours Trek
Elevation Change	+870 m/+2,853ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

After breakfast at Namrung, the trail gradually ascends through beautiful alpine forests and traditional Tibetan-influenced villages. The trek offers spectacular mountain scenery as you enter the upper Manaslu region. Passing through the villages of Lihi and Sho, you will enjoy stunning views of Mt. Manaslu, Himalchuli, Ganesh Himal, and other surrounding peaks. The trail is decorated with mani walls, prayer flags, chortens, and ancient monasteries reflecting the rich Tibetan Buddhist culture of the region.

Continuing along the scenic route, you will arrive at the beautiful Shyala Village, one of the most picturesque settlements in the Manaslu region. Surrounded by snowcapped mountains in every direction, Shyala offers breathtaking panoramic views of Mt. Manaslu, Peak 29, Himalchuli, and Ngadi Chuli. The peaceful atmosphere and dramatic Himalayan scenery make Shyala a perfect place to relax and acclimatize naturally before heading to higher elevations.

Day 06: Trek from Shyala Village to Pungen Gompa and Continue to Samagaun 5-6 Hours (3,530m/11,581ft)

DAY-06: TRIP FACT	
Trek Distance	8 KM.
Duration	5-6 Hours Trek
Elevation Change	+30 m/+98ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

Today begins with a scenic hike toward the hidden Pungen Gompa, a beautiful Buddhist monastery located beneath the massive south face of Mt. Manaslu. The trail passes through yak pastures, alpine meadows, and glacial landscapes while offering incredible close-up views of Manaslu, glaciers, and surrounding Himalayan peaks. Pungen Gompa is a peaceful spiritual site where trekkers can enjoy the tranquil atmosphere and spectacular mountain panorama away from the main trekking route.

After exploring the monastery area and enjoying the stunning scenery, descend back to the main trail and continue trekking toward Samagaun. The trail is relatively gentle and passes through open valleys and traditional settlements. Samagaun is the largest village in the upper Manaslu region and an important cultural center for local Tibetan communities. Upon arrival, explore the traditional village, local monasteries, and surrounding landscapes. The village offers incredible views of Mt. Manaslu and provides an excellent environment for acclimatization before crossing higher mountain passes. Overnight stay at teahouse in Samagaun.

Day 07: Trek from Samagaun to Samdo via Birendra Lake 4-5 Hours (3,875m/12,713ft)

DAY-07: TRIP FACT	
Trek Distance	12 KM.
Duration	5-6 Hours Trek
Elevation Change	+330 m/+1,082ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

After breakfast, begin the trek by visiting the beautiful Birendra Lake, a stunning glacial lake located below the Manaslu Glacier. The turquoise-colored lake surrounded by rugged mountains create one of the most scenic highlights of the Manaslu Circuit Trek. Spend some time enjoying the peaceful environment and breathtaking Himalayan views.

Leaving Birendra Lake behind, continue trekking gradually toward Samdo through wide alpine valleys, yak grazing pastures, and barren high Himalayan landscapes. The trail offers magnificent views of Manaslu, Samdo Peak, and several Tibetan mountains near the Nepal-Tibet border.

Samdo is a traditional Tibetan refugee village located close to the Tibetan frontier. The village reflects strong Tibetan culture, lifestyle, and Buddhist traditions. Due to the high altitude and remote setting, Samdo is an important acclimatization stop before heading toward Dharamshala and the challenging Larkya La Pass. Overnight stay at teahouse in Samdo.

Day 08: Samdo to Dharamsala/Larkya Phedi (4,460m / 14,632ft)

DAY-08: 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 09: Cross Larkya La Pass (5,106m / 16,752ft) and Trek to Bhimthang 8-9 Hours (3,720m / 12,204ft)

DAY-09: TRIP FACT	
Trek Distance	23 KM.
Duration	8-9 Hours Trek
Elevation Change	-740 m/-2427ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

Today is the most challenging and rewarding day of the Manaslu Circuit Trek. Early in the morning, the trail gradually ascends from Dharamshala toward the spectacular Larkya La Pass, one of the highest and most dramatic mountains passes in Nepal. The climb passes through rocky moraines, frozen lakes, and breathtaking alpine landscapes surrounded by snowcapped Himalayan peaks.

Upon reaching the top of Larkya La Pass, trekkers are rewarded with incredible panoramic views of Himlung Himal, Cheo Himal, Kang Guru, Larkya Peak, Annapurna II, and Mt. Manaslu. Colorful prayer flags flutter across the pass, creating a truly unforgettable Himalayan xperience.

After spending some time at the pass for photos and rest, the trail descends steeply through glacial valleys and rugged mountain terrain toward Bhimthang. Along the descent, enjoy magnificent views of glaciers, icefalls, alpine meadows, and towering mountains before finally

arriving at the beautiful settlement of Bhimthang. Overnight stay at teahouse in Bhimthang.

Day 10: Trek from Bhimthang to Tilje 6-7 Hours (2,300m / 7,546ft)

DAY-10: TRIP FACT	
Trek Distance	20 KM.
Duration	6-7 Hours Trek
Elevation Change	-1,420 m/-4,657ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

After breakfast at Bhimthang, begin the descent through beautiful alpine meadows, Rhododendron forests, and glacial streams while enjoying magnificent mountain views of Manaslu, Lamjung Himal, and Annapurna ranges. The trail gradually leaves the high Himalayan landscapes behind as you descend into greener valleys and traditional villages.

Cross several wooden bridges and pass through yak pastures, dense pine forests, and small settlements including Gho and Karche. Along the way, trekkers can experience the changing landscapes from rugged alpine terrain to lush lower hills filled with local culture and natural beauty.

Continuing downhill, the trail finally reaches the charming village of Tilje, located in the Annapurna region. Tilje is a peaceful Gurung village where trekkers can relax and celebrate the successful completion of the Manaslu Circuit Trek before driving back to Kathmandu the following day. Overnight stay at teahouse in Tilje.

Day 11: Drive From Tilche to Kthmandu-231 KM, 9/10 hours or to Pokhara 145 KM 6/7 Hours' Drive

DAY-11: TRIP FACT	
Distance	5 KM walk, 56 KM. Drive
Duration	5-6 Hours
Elevation Change	-1540m/-5,051ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Hotel

This is your last day of the massive Manaslu circuit trek After breakfast, take a local jeep drive from Tilje to Besisahar through scenic mountain roads, traditional villages, waterfalls, and beautiful river valleys. Upon arrival in Besisahar, enjoy lunch before continuing the drive along the Prithvi Highway toward Kathmandu or Pokhara.

For travelers heading to Pokhara, you can also drive from Besisahar to Pokhara, which takes approximately 5-6 hours (175km Kathmandu and 89 Km to Pokhara from Besisahar). The drive offers beautiful views of rivers, hills, terraced farmlands, and rural Nepalese landscapes. Depending on your final destination, continue the comfortable drive to either Kathmandu or Pokhara after completing the memorable Manaslu Circuit Trek adventure.



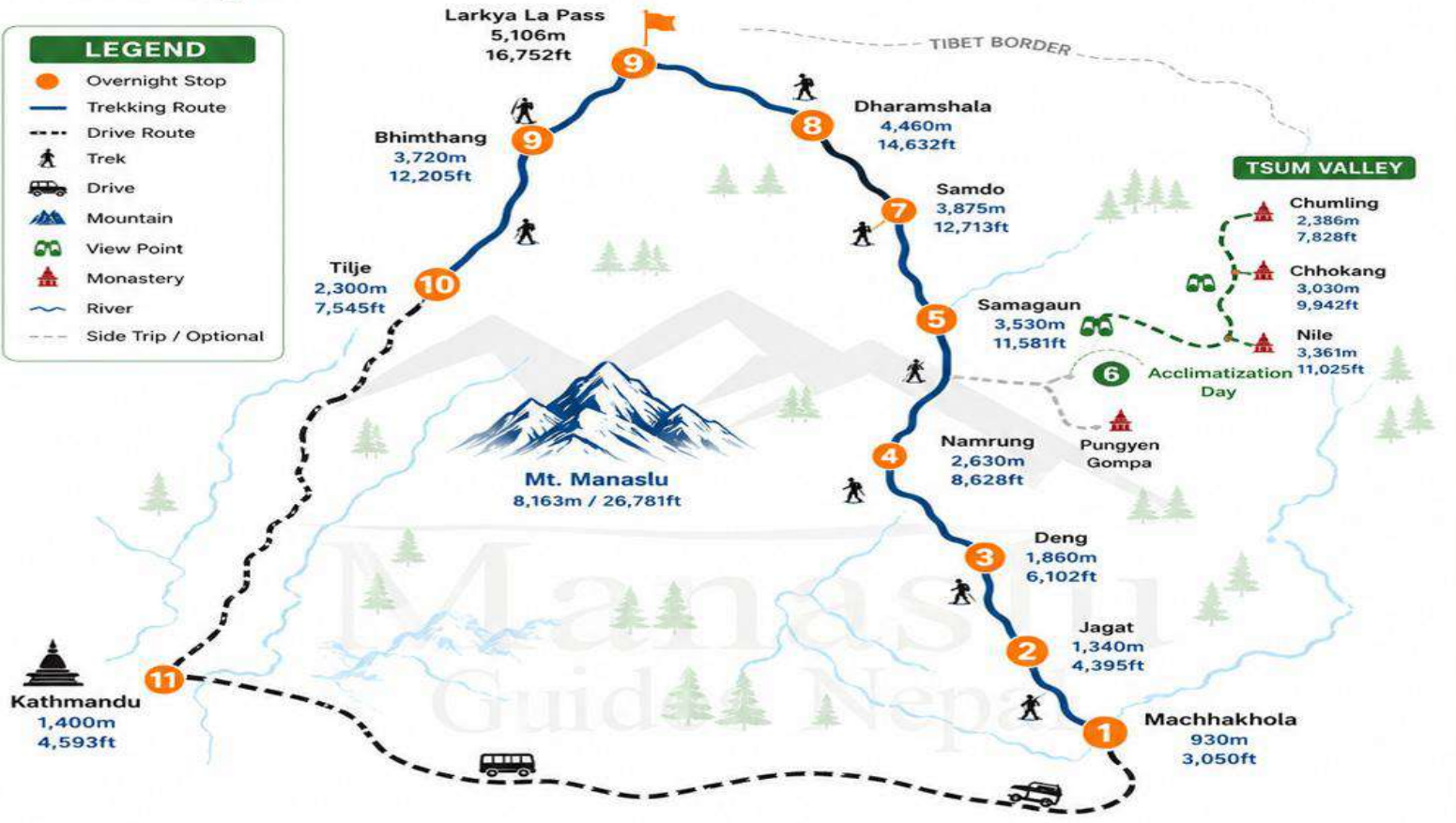
MANASLU CIRCUIT TREK

11 DAYS



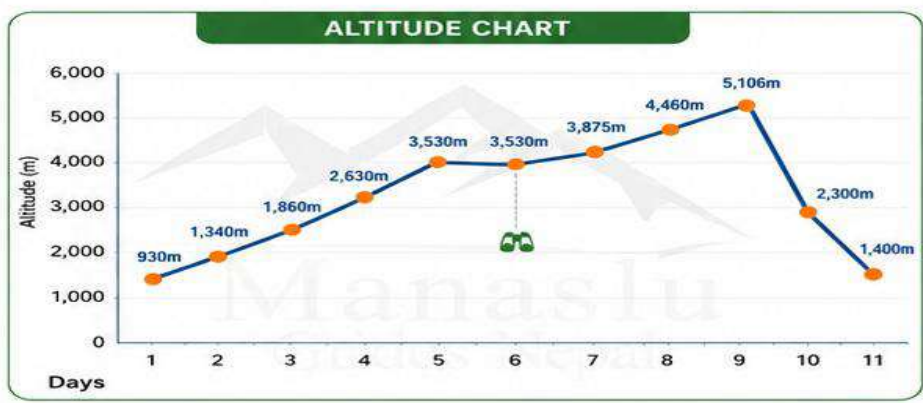
LEGEND

- Overnight Stop
- Trekking Route
- - - Drive Route
- Trek
- Drive
- Mountain
- View Point
- Monastery
- River
- - - Side Trip / Optional



ITINERARY OVERVIEW

DAY	ITINERARY	ALTITUDE
01	Drive Kathmandu – Machhakhola	930 m / 3,050 ft
02	Trek Machhakhola – Jagat	1,340 m / 4,395 ft
03	Trek Jagat – Deng	1,860 m / 6,102 ft
04	Trek Deng – Namrung	2,630 m / 8,628 ft
05	Trek Namrung – Samagaun	3,530 m / 11,581 ft
06	Acclimatization Day at Samagaun	3,530 m / 11,581 ft
07	Trek Samagaun – Samdo	3,875 m / 12,713 ft
08	Trek Samdo – Dharamshala	4,460 m / 14,632 ft
09	Cross Larkya La Pass – Bhimthang	3,720 m / 12,205 ft
10	Trek Bhimthang – Tilje	2,300 m / 7,545 ft
11	Drive Tilje – Kathmandu	1,400 m / 4,593 ft



12 Days Manaslu Circuit Trek Cost

1 Trekker	USD 999
2-3 Trekkers	USD 940
4-5 Trekkers	USD 870
6-9 Trekkers	USD 830
10-15 Trekkers	USD 790
16-20 Trekkers	USD 750

Cost Included

✓ Ground Transportations:

- Airport pickup service (Complementary)
- Transport from Kathmandu to Machha-Khola (trekking starting point) by Private offroad Jeep.
- Dharapani to Besisahar (trekking ending point to town) by shared off-road Jeep.
- From Besisahar to Kathmandu/Pokhara (the road is nice) by Bus.

✓ 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 along the trek in local lodge/Guesthouse.
- ✓ A Professional Government license, Manaslu Local trekking guide.
- ✓ A strong native Manaslu Porter (two people can shared one porter)
- ✓ A comprehensive medical kit.
- ✓ All government and local taxes for Trekking
- ✓ Insurance of trekking staff their salary, food, and accommodation.

Cost Exclude:

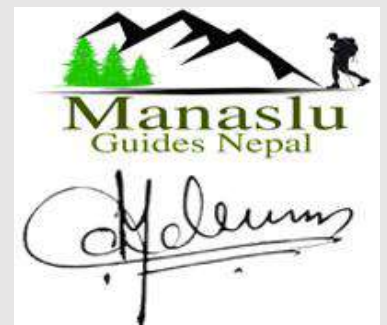
- ✗ Foods and Accommodation in Kathmandu.
- ✗ Insurance which covers medical, emergency evacuation, lost, theft expenses.
- ✗ Drinks: both alcoholic and bottled, other than normal drinking water in mountain.

- ✘ Personal gear and expenses, laundry fees, wifi, battery charging etc.
- ✘ Tips and gratuities for the 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)
 - Sunglasses
 - Water bottle
 - 4-season 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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