

The Manaslu Circuit Trek is a remote and spectacular journey that circles the majestic Mount Manaslu (8,163 m) — the eighth-highest mountain in the world. Opened to foreign trekkers in 1991, this trek offers an off-the-beaten-path adventure with breathtaking scenery, preserved Tibetan culture, and a thrilling crossing over Larkya La Pass (5,160 m). If you're looking for a quieter alternative to the Annapurna or Everest regions, the Manaslu Circuit is your ideal destination.

Why Choose the Manaslu Circuit Trek?

Unlike the more commercialized trekking routes in Nepal, the Manaslu Circuit takes you deep into the heart of unspoiled Himalayan wilderness. The trail weaves through subtropical jungles, terraced fields, alpine forests, and glacial valleys. You'll pass through ancient Tibetan villages, witness Buddhist rituals, and trek beneath towering snow-capped peaks — all with fewer trekkers around.

Cost Include

- Airport pick-up and drop-off service.
- Two nights of Deluxe Hotel accommodations in Kathmandu on BB plan
- Trekking Guide and Trekking porter (Two participant=1 porter =Maximum 25 kg of luggage)
- Breakfast, Lunch, Dinner, and accommodation during the trek
- Sleeping bags, down jackets, duffel bags, and trekking sticks if required; it would be better to have your own.
- Trekking permit of the National Park,
- Restricted area trekking permit & all kind of Paper work
- Kathmandu to Machha Khola Private Jeep transportation
- Dharapani to Beshi sharing jeep and comfortable transport from Besisahar to Kathmandu or Pokhara
- TIMS(Trekking Information Management System)
- Insurance and equipment for the trekking staff
- First aid kit carried by our trekking guide
- Farewell dinner in Kathmandu with a cultural program in a typical Traditional Nepal restaurant

Cost Exclude

- Travel insurance, International Flight Ticket
- Tips for tour crew members
- Bar bill, beverages, hot shower, battery charge
- Meals & hotel accommodation in Kathmandu and Pokhara without an itinerary

Manaslu Circuit Trek 14-Days Itinerary

Day 1: Drive from Kathmandu to Machha Khola (869 m)

A scenic drive (7-9 hours) via Arughat or Dhading Besi takes you to the starting point of your trek. You'll follow the Budhi Gandaki River through terraced farmland and hillside villages.

Day 2: Trek to Jagat (1,340 m)

The trail follows narrow paths along the river, crossing suspension bridges and small settlements. You'll reach Jagat, a charming village with stone-paved lanes and traditional houses.

Day 3: Trek to Deng (1,804 m)

Climbing steadily, the trail passes through dense forests and beautiful waterfalls before reaching Deng, a small village with Tibetan influence.

Day 4: Trek to Namrung (2,630 m)

The landscapes begin to change as you ascend, offering glimpses of snow-capped peaks. Namrung is a culturally significant village with mani walls, prayer flags, and stone gates.

Day 5: Trek to Samagaon (3,530 m)

One of the most stunning days of the trek. You'll pass through Lihi, Sho, and Lho, all traditional Tibetan villages. Samagaon lies beneath Mt. Manaslu and is perfect for acclimatization.

Day 6: Acclimatization Day in Samagaon

- Spend the day exploring or resting. Possible side trips:
- Manaslu Base Camp (4,800 m) - a tough but rewarding hike
- Birendra Lake - a turquoise glacial lake near the village
- Pungyen Gompa - an old monastery with stunning mountain views

Day 7: Trek to Samdo (3,865 m)

An easy day with gradual elevation gain. Samdo is the last permanent settlement before the pass, located near the Tibetan border.

Day 8: Acclimatization in Samdo

Take a short hike to the viewpoint above the village or explore a trail leading toward the Tibetan border. Essential for preparing your body for high-altitude conditions.

Day 9: Trek to Dharamsala/Larkya Phedi (4,460 m)

A shorter but steeper trek to the base of Larkya La Pass. The teahouses are basic here. Hydrate and rest well to prepare for the pass crossing.

Day 10: Cross Larkya La Pass (5,160 m), Trek to Bimthang (3,720 m)

The most challenging and rewarding day of the trek. The climb to the pass is tough but offers panoramic views of Himlung Himal, Cheo Himal, Kang Guru, and Annapurna II. Descend to the

beautiful glacial valley of Bimthang.

Day 11: Trek to Tilije (2,300 m)

The trail descends through pine and rhododendron forests. You'll start seeing more signs of human settlement as you reach the lower valleys.

Day 12: Trek to Dharapani (1,963 m)

Join the Annapurna Circuit route at Dharapani. This marks the end of the Manaslu trail.

Day 13: Drive to Besisahar

A bumpy jeep ride takes you from Dharapani to Besisahar, the gateway to the Annapurna region.

Day 14: Drive back to Kathmandu

Return to Kathmandu by a Comfortable vehicle.