

Manaslu Circuit Trek - 13 Days

 Destination: Nepal	 Trek Region: Manaslu
 Duration: 13 Days	 Max Altitude: 5,106 m (Larkya Pass)
 Starts At: Macha Khola	 Activity: Trekking
 Trip Grade: Challenging	 Accommodation: Hotel / Teahouse
 Transport: Public Bus	 Group Size: Minimum 2 Pax
 Ends At: Dharapani	 Best Season: Sep-Dec & Mar-May

Topseller

21% off

USD (\$)

Price Per person

USD \$940

~~USD \$1196~~

★★★★★ 87 reviews



Satisfied Client



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Manaslu Trekking Overview

The [13-day Manaslu Circuit Trek](#) is one of Nepal's most spectacular and less-crowded Himalayan adventures, circling Mount Manaslu (8,163m), the world's eighth-highest peak. Starting with a scenic drive from Kathmandu to Machha Khola, the trail follows the Budhi Gandaki River through lush forests, deep gorges, and traditional Gurung and Tibetan villages.

As you gain altitude, you'll pass mani walls, prayer flags, ancient monasteries, and Tibetan Buddhist settlements, experiencing the region's rich culture. The trek's biggest highlight is crossing Larkya La Pass (5,106m), where breathtaking sunrise views reveal Manaslu, Annapurna II, Himlung Himal, Kang Guru, and many other Himalayan peaks.

The journey also includes visits to Pungen Gompa (4,000m), Birendra Lake, and an optional hike to Manaslu Base Camp, with a dedicated acclimatization day for safe altitude gain. Led by experienced licensed guides, this trek is ideal for adventurous hikers seeking an authentic Himalayan experience. For a longer adventure, you can combine it with the [18-day Tsum Valley & Manaslu Circuit Trek](#).



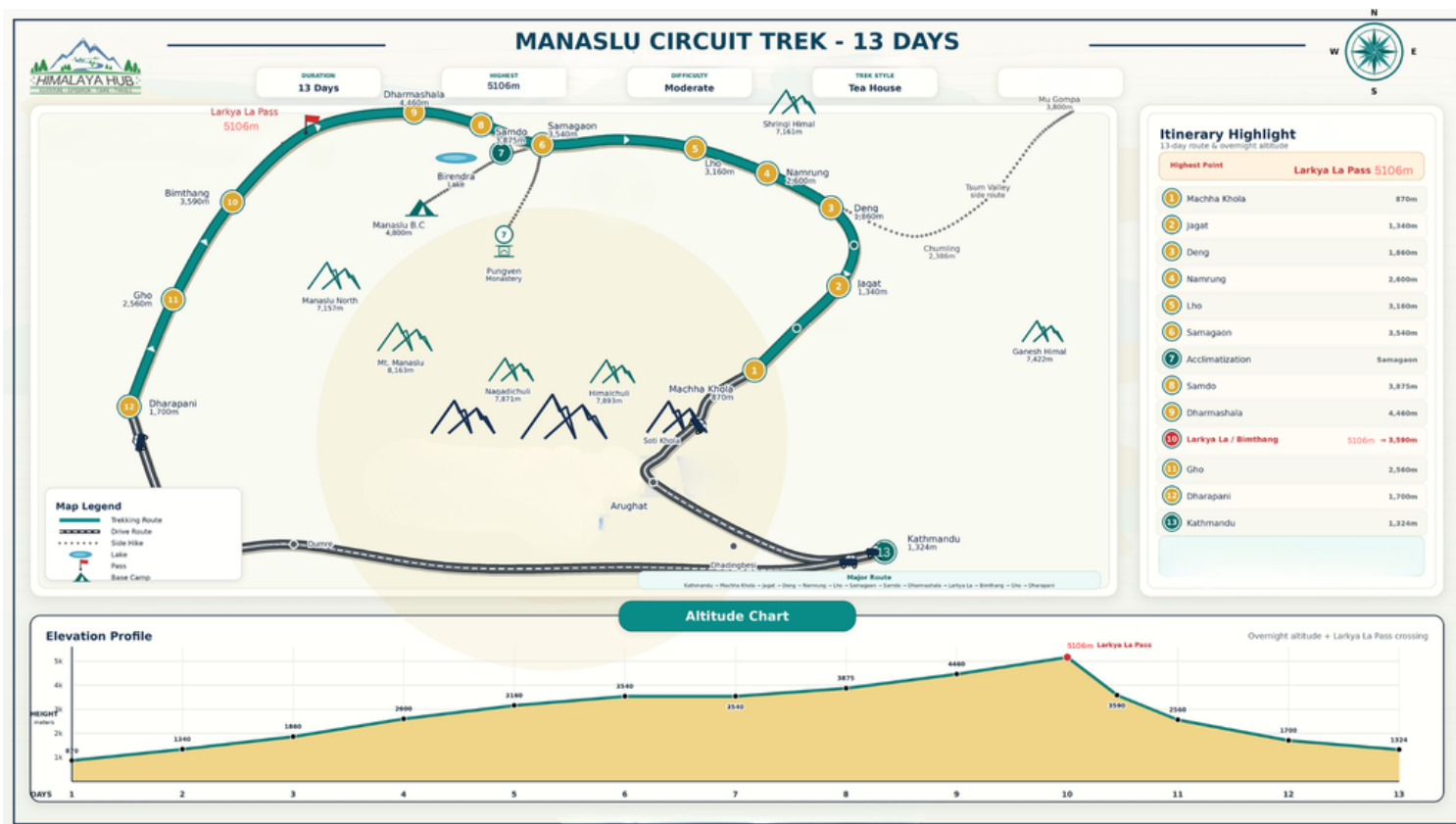
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Manaslu Circuit Trek Highlights

- Explore the remote, less-crowded trails of the Manaslu region.
- Scenic rivers, forests, waterfalls, and mountain villages.
- Cross Larkya La Pass (5,106 m).
- Views of Manaslu, Annapurna II, Himlung, Kang Guru, Ganesh Himal, and more.
- Visit Pungen Gompa viewpoint.
- Experience Tibetan culture in Lho, Samagaun, and Samdo.
- See monasteries, mani walls, prayer wheels, and prayer flags.
- Acclimatization day with hikes to Birendra Lake or Manaslu Base Camp.
- Explore the Manaslu Conservation Area and Himalayan wildlife.
- Enjoy glaciers, mountain cirques, and dramatic alpine scenery.
- Meet friendly locals and experience unique mountain traditions.
- Comfortable teahouse stays with an authentic off-the-beaten-path adventure.

Manaslu Circuit Trek Map



Useful Information for the 13-day Manaslu Circuit Trek

Note – The Manaslu Trek is considered a restricted trekking route, so you need a minimum of 2 people for this trip. Alternatively, you may need to purchase an extra permit, as single travellers are not permitted on this trail.

This 13-day Manaslu Circuit Trek is a budget-friendly and spectacular journey filled with breathtaking views, unique cultural encounters, and challenging terrains. We are offering this Manaslu Circuit Trek at the lowest price, making it an excellent choice for trekkers seeking exceptional value without compromising on experience or safety. To ensure a safe and enjoyable trek, proper preparation is key.

Manaslu Circuit Trek 13 Days Itinerary

Day 01: Kathmandu to Machha Khola

Drive Duration: 8-10 Hours | Distance: Approx. 160 km | Elevation: 1,324m → 870m | Overnight: Teahouse

Your Manaslu Circuit Trek adventure starts with a scenic drive from Kathmandu to Machha Khola, the main gateway to the Manaslu region. The journey follows the Prithvi Highway and the Budhi Gandaki River valley, passing green terraced hills, flowing rivers, waterfalls, and small traditional mountain villages along the way.

After a full day on the road, you arrive at Machha Khola, a small riverside settlement surrounded by lush green hills and dense forests. This peaceful village marks the starting point of your trek into the remote Himalayas.



Day 02: Machha Khola to Jagat

Trek: 6-7 Hours | Distance: Approx. 22 km | Elevation: 870m → 1,340m | Overnight: Teahouse

Today begins your Manaslu Circuit Trek in the Manaslu region along the Budhi Gandaki River. You will walk through green subtropical forests, terraced farms, and small traditional villages. On the way, you pass Khorlabesi and Tatopani, which is famous for its natural hot springs. You also cross several suspension bridges over the river. After Tatopani, you reach Dobhan for a lunch break.

As you move ahead, the valley becomes narrower and the trail gets more rugged. You will see cliffs, waterfalls, and deep river gorges along the way. The path continues through Thulo Dunga before a steady climb leads you to Jagat village. Jagat is a stone-built village and the gateway to the Manaslu Conservation Area, marking an important point of the Manaslu Circuit Trek.



Day 03: Jagat (1,340m) to Deng (1,860m)

Trek: 6-7 Hours | Distance: Approx. 19-22 km | Elevation: 1,340m → 1,860m | Overnight: Teahouse

After leaving Jagat, the Manaslu Circuit Trek follows the Budhi Gandaki River. The trail goes through green forests, hanging suspension bridges, and slowly rising mountain paths. Along the way, trekkers pass small villages like Sirdibas, Philim, Ekle Bhatti, Salleri, and Pewa. With each village, Tibetan culture becomes more visible, and the trail feels more remote and peaceful.



Day 04: Deng (1,860m) to Namrung (2,630m)

Trek: 6-7 Hours | Distance: Approx. 18-20 km | Elevation: 1,860m → 2,630m | Overnight: Teahouse

Today's trek on the Manaslu Circuit goes through thick forests, small Gurung villages, and river valleys as you slowly go higher into the Gorkha region of Nepal. On the way, you pass important places like Bihi Phedi (after Deng), Ghap, and Ghapsya. Ghap is a common rest and lunch stop for trekkers. From here, the trail continues toward Namrung, a key village on the route.

As you climb higher, you will see more Tibetan Buddhist culture. You will notice prayer flags, mani walls (stone walls with carved prayers), and chortens (small religious monuments). Mountain views also start to get clearer and more beautiful.



Day 05: Namrung (2,600m) to Lho (3,160m)

Trek: 5 Hours | Approx. 10 km | Elevation: 2,600m → 3,160m | Overnight: Teahouse

Leaving Namrung, the trail climbs through alpine forests and traditional Tibetan-influenced villages in the upper Manaslu region of northern Gorkha. As the landscape opens up, you'll enjoy increasingly spectacular views of Mount Manaslu (8,163m), the world's eighth-highest mountain. After a steady ascent, you reach Lho, a picturesque village famous for its mountain panoramas and nearby monasteries.

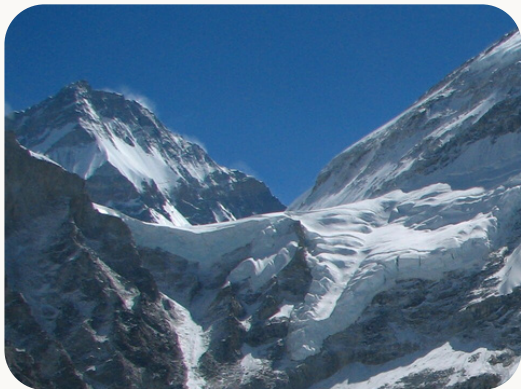
Lho is a traditional mountain village known for its rich Buddhist culture, Ribung Monastery, and breathtaking views of Mount Manaslu.



Day 06: Lho to Samagaon via Pungen Gumpa

Trek: 6-7 Hours | Distance: Approx. 14-16 km | Elevation: 3,180m → 3,530m | Overnight: Teahouse

Today's trek takes you through the beautiful upper Nubri Valley, offering stunning views of Mount Manaslu, Himal Chuli, and Ngadi Chuli. After passing the picturesque village of Shyala, you can take an optional side hike to Pungen Gumpa (around 4,000m), a sacred Buddhist monastery known for its breathtaking panoramic views of the Manaslu massif. The trail then continues to Samagaon, the largest and most important settlement on the Manaslu Circuit Trek.



Day 07: Acclimatization Day in Samagaon

Acclimatization Day | Elevation: 3,540m | Overnight: Teahouse

Samagaon is an important acclimatization stop on the Manaslu Circuit Trek, giving trekkers time to adjust before higher elevations. Spend the day exploring the beautiful Birendra Lake, visiting the historic Samagaon Monastery, or taking an optional hike to Pungen Gumpa for breathtaking views of the Manaslu Glacier and surrounding peaks. Strong trekkers can also make a day trip toward Manaslu Base Camp. Following the "climb high, sleep low" principle helps your body adapt more effectively to altitude while returning to Samagaon for an overnight stay.



Day 08: Samagaon to Samdo

Trek: 3-4 Hours | Distance: 8-10 km | Elevation: 3,530m → 3,875m | Overnight: Teahouse

After leaving Samagaon, the trail ascends through the upper Budhi Gandaki Valley, passing alpine meadows, Lela Kharka, Khermo Kharka, and traditional yak grazing pastures. Surrounded by stunning Himalayan peaks and open high-altitude landscapes, the route gradually leads to Samdo, the final permanent settlement before crossing Larkya La Pass.

Note: These timings are approximate and may vary based on trekking pace and trail conditions.



Day 09: Samdo to Dharmashala / Larkya La

Trek: 4-5 Hours | Distance: Approx. 6-8 km | Elevation: 3,875m → 4,460m | Overnight: Teahouse

Today's short but crucial trek takes you from Samdo (3,875m) to Dharmashala (4,460m), the last overnight stop before crossing the challenging Larkya La Pass. The trail climbs gradually through barren alpine terrain, passing the historic Larke Bazaar (4,090m), a former Tibetan trading hub. Along the route, enjoy stunning views of glaciers, rugged valleys, and snow-capped Himalayan peaks. Due to the increasing altitude and thinner air, a steady pace is essential for acclimatization. Overnight stay at a basic mountain Teahouse in Dharmashala.



Day 10: Dharmasala (4,460m) to Bimthang (3,590m) via Larkya La Pass (5,106m)

Trek: 10 Hours | Distance: Approx. 16 km | Elevation: 4,460m → 5,106m → 3,590m | Overnight: Teahouse

Crossing Larkya La Pass (5,106m), the highest point of the Manaslu Circuit Trek, is the most challenging and rewarding day of the journey. Starting from Dharmasala, the trail climbs to the pass before descending through Larche and the yak pastures of Tanbuche Kharka to reach Bimthang (3,590m). Along the way, trekkers enjoy spectacular views of Mount Manaslu, Himlung Himal, Cheo Himal, and surrounding glaciers.

Day 11: Bimthang (3,590m) to Gho (2,550m)

Trek: 5-6 Hours | Distance: Approx. 13-14 km | Elevation: 3,590m → 2,550m | Overnight: Teahouse

Descend through the scenic Manaslu region, passing through Karche (2,700m), Yak Kharka, and Sangure Kharka. The trail winds through beautiful rhododendron forests, alpine meadows, and traditional grazing areas, offering stunning mountain views and a peaceful trekking experience. After around 6-7 hours of walking from Bimthang, you reach Gho, a small settlement with comfortable teahouses for an overnight stay.



Day 12: Gho to Dharapani (1,700m)

Trek: 3 Hours | Distance: Approx. 10-12 km | Elevation: 2,560m → 1,700m

A short and relatively easy descent through lush forests and traditional villages leads you from Gho to Dharapani in Nepal's Manang District. The trail passes through settlements like Tilije and Thonje, first following the Dudh Khola and then joining the Marsyangdi Valley, with peaceful scenery and glimpses of local Gurung and Tibetan-influenced culture. Dharapani is a busy junction village where the Manaslu and Annapurna Circuit routes meet, making it an important trekking hub. Overnight at a Teahouse.

Note: These timings are approximate and may vary based on trekking pace and trail conditions.



Day 13: Dharapani (1,860m) to Kathmandu (1,324m)

Trek: 10 Hours | Distance: Approx. 210 km | Elevation: 1,860m → 1,324m

Start your final day with a drive from Dharapani in the Annapurna region of Nepal to Besisahar by shared jeep, followed by a bus journey to Kathmandu. The route passes through rivers, hills, and rural settlements, marking the end of your Manaslu Circuit Trek in northern Nepal. From Dharapani, you descend by jeep along the Marsyangdi River to Besisahar, then follow the Prithvi Highway along river valleys and hillside villages back to Kathmandu, concluding your Manaslu Circuit adventure.

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✓ Included

- Private airport pick-up and drop-off service for international arrivals and departures
- 12 nights' accommodation in comfortable local mountain teahouses
- Experienced, English-speaking licensed trekking guide throughout the trek
- Manaslu Restricted Area Permit (RAP)
- Manaslu Conservation Area Permit (MCAP)
- Annapurna Conservation Area Permit (ACAP)
- Chumnuhari Rural Municipality Entry Permit
- Public bus transportation from Kathmandu to Machha Khola
- Shared local jeep from Dharapani to Besisahar
- Public bus transfer from Besisahar to Kathmandu or Pokhara
- Complimentary duffel bag for porter use (when porter service is booked)
- Three freshly prepared meals daily during the trek (13 Breakfasts • 13 Lunches • 12 Dinners)
- All government taxes, permit processing fees, and official service charges

✗ Excluded

- Optional porter service (USD 299 for the full 13-day trek)
- Hotel accommodation in Kathmandu before or after the trek
- Personal expenses such as Wi-Fi, charging, hot showers, laundry, snacks, soft drinks, and alcoholic beverages
- Cash expenses during the trek (There are no ATMs on the Manaslu trekking route)
- International travel insurance covering high-altitude trekking (Mandatory)
- Tea, coffee, bottled drinks, and other personal beverages
- Tips and gratuities for guides and porters (Customary and highly appreciated)