

Manaslu Circuit Trek - 16 Days

 Destination: Nepal	 Trek Region: Manaslu
 Duration: 16 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

USD (\$)

Price Per person

USD \$1290

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Manaslu Trekking Overview

The **Manaslu Circuit Trek** is a 16-day adventure around Mount Manaslu (8,163m), the world's eighth-highest mountain. The trail follows the Budhi Gandaki River valley and crosses the challenging Larke Pass (5,106m).

Opened to foreign trekkers in 1991, the Manaslu region remains less crowded than Everest and Annapurna. The restricted area status helps preserve its authentic Gurung, Tibetan, and Buddhist culture, with ancient monasteries, prayer flags, mani walls, and traditional villages along the route.

The landscape changes from lush forests and waterfalls to alpine meadows, rocky terrain, and spectacular Himalayan peaks. From Larke Pass, you can enjoy views of Manaslu, Himlung Himal, Cheo Himal, Kangguru, and the Annapurna range.

At Himalaya Hub Adventure, our experienced guides handle permits, accommodation, meals, and logistics, allowing you to focus on enjoying this unforgettable Himalayan journey.



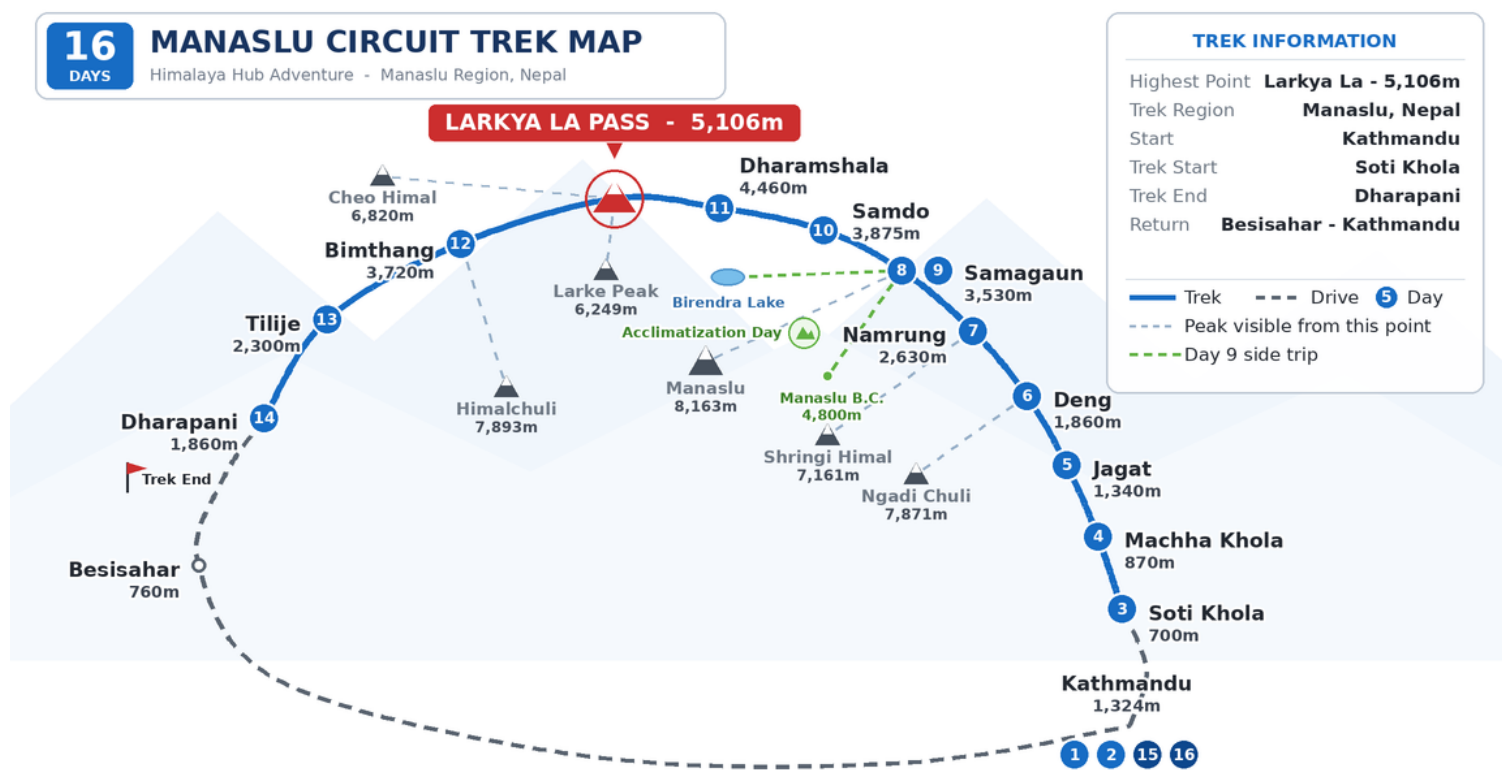
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Manaslu Circuit Trek Highlights

- Cross Larke Pass (5,106m): Enjoy spectacular Himalayan views from one of Nepal's highest trekking passes.
- Circle Mount Manaslu (8,163m): Experience close views of the world's eighth-highest mountain.
- Explore a Restricted Area: Trek through a remote and less-crowded Himalayan region.
- Discover Tibetan-Buddhist Culture: Visit ancient monasteries, mani walls, and traditional villages.
- Diverse Landscapes: Walk through forests, farmlands, river gorges, alpine meadows, and glaciers.
- Fewer Crowds: Enjoy a quieter and more peaceful trekking experience.
- Rich Wildlife: Spot Himalayan tahr, blue sheep, musk deer, and other wildlife.
- Stunning Mountain Views: See Manaslu, Ganesh Himal, Himlung Himal, Shringi Himal, and Annapurna peaks.
- Authentic Teahouse Experience: Stay in local lodges and enjoy traditional Nepali and Tibetan food.
- Ancient Trading Route: Follow the historic Budhi Gandaki Valley route once used for Nepal-Tibet trade.

Manaslu Circuit Trek Map



Useful Information for the 16-day Manaslu Circuit Trek

Note: The Manaslu Circuit is a restricted trekking route, so trekkers must travel with a minimum of two people and a licensed guide.

This 16-day Manaslu Circuit Trek offers stunning Himalayan views, rich Tibetan-Buddhist culture, and challenging mountain trails. With proper preparation, it is a safe and rewarding adventure for trekkers seeking an authentic Himalayan experience.

Manaslu Circuit Trek 13 Days Itinerary

Day 01: Arrival in Kathmandu (1,324m)

Altitude: 1,324m | Activity: Airport Pickup & Trek Briefing | Accommodation: Hotel in Kathmandu | Meals: Welcome Dinner

Welcome to Nepal! Your Manaslu Circuit Trek begins with your arrival at Tribhuvan International Airport (TIA) in Kathmandu. Our representative will meet you at the airport and transfer you to your hotel. After checking in, take some time to relax and recover from your journey.

Later in the day, your trek leader will meet you for a detailed briefing. You will discuss the trekking route, permits, gear, daily walking schedule, and important things to know before heading into the Manaslu region. If you have some free time, take a short walk through the lively streets of Thamel and enjoy your first taste of Kathmandu's food and culture.



Day 02: Sightseeing in Kathmandu Valley

Altitude: 1,324m | Activity: Cultural Sightseeing Tour | Accommodation: Hotel in Kathmandu | Meals: Breakfast

Before heading into the mountains, spend a full day exploring the cultural and historical treasures of Kathmandu Valley. Your guide will take you to some of the valley's most important UNESCO World Heritage Sites, offering a glimpse into Nepal's rich religious traditions, architecture, and history.

Visit the sacred Pashupatinath Temple on the banks of the Bagmati River, admire the impressive Boudhanath Stupa, one of the largest Buddhist stupas in the world, and explore the historic Kathmandu Durbar Square, home to ancient palaces, courtyards, and temples. You will also have time to visit the shops in Thamel and pick up any last-minute trekking gear before your Manaslu adventure begins.



Day 03: Drive Kathmandu to Soti Khola (700m)

Distance: 145 km | Drive: ~8 Hours | Altitude: 700m | Accommodation: Teahouse | Meals: Breakfast, Lunch & Dinner

Your mountain journey begins early this morning with a scenic drive from Kathmandu to Soti Khola. Traveling by private jeep, you follow winding mountain roads through the hills and river valleys of central Nepal. Along the way, you pass busy market towns, terraced farmland, and quiet villages, offering a first glimpse of rural life in Nepal.

As you travel deeper into the Manaslu region, the landscape becomes more rugged and remote. The road gets rougher as you approach Soti Khola, but the surrounding hills, waterfalls, and Budhi Gandaki River make the journey memorable. By evening, you arrive at Soti Khola, where you spend the night at a local teahouse before starting your trek the following morning.



Day 04: Trek Soti Khola to Machha Khola (870m)

Distance: 14 km | Walk: ~5 Hours | Altitude: 870m | Accommodation: Teahouse | Meals: Breakfast, Lunch & Dinner

Today, your boots hit the trail for the first time as you begin trekking from Soti Khola to Machha Khola. The trail winds through subtropical forests, bamboo groves, and small riverside settlements. Along the way, you cross several suspension bridges over the rushing Budhi Gandaki River, making for an exciting start to your Manaslu Circuit adventure.

The trail is relatively gentle, giving your body time to adjust to the walking routine. You pass through the villages of Khursane and Lapubesi before reaching Machha Khola, a small settlement beside the river. After arriving, settle into your teahouse, rest your legs, and enjoy a warm dinner before the next day's trek.

Day 05: Trek Machha Khola to Jagat (1,340m)

Distance: 16 km | Walk: ~6 Hours | Altitude: 1,340m | Accommodation: Teahouse | Meals: Breakfast, Lunch & Dinner

Today, the trail becomes more adventurous as you trek deeper into the Budhi Gandaki River Gorge. The route climbs and descends across rocky ridges, crosses suspension bridges, and winds through dense forests filled with birds and mountain sounds.

Along the way, you pass through Tatopani, a small village known for its natural hot springs. If time allows, it is a pleasant place to take a short break before continuing toward Jagat. From Tatopani, the trail climbs more steeply toward Jagat, a historic mountain village and an important checkpoint for entering the Manaslu Restricted Area. After reaching Jagat, settle into your teahouse and prepare for the more remote sections of the trek ahead.



Day 06: Trek Jagat to Deng (1,860m)

Distance: 20 km | Walk: ~6 Hours | Altitude: 1,860m | Accommodation: Teahouse | Meals: Breakfast, Lunch & Dinner

Leaving Jagat behind, today's trail takes you deeper into the dramatic Budhi Gandaki River Gorge. The gorge becomes narrower and steeper, with towering cliffs, rushing water, suspension bridges, and dense forests creating a wild mountain setting. The changing landscape makes this one of the most scenic sections of the lower Manaslu trail.

The route passes through Salleri, Sirdibas, and Ghatta Khola before gradually climbing toward Deng. As you gain elevation, the surroundings become quieter and more remote. Deng is a peaceful mountain village surrounded by terraced fields, making it a pleasant place to rest and enjoy the evening after a long day on the trail.

Day 07: Trek Deng to Namrung (2,630m)

Distance: 20 km | Walk: ~6 Hours | Altitude: 2,630m | Accommodation: Teahouse | Meals: Breakfast, Lunch & Dinner

Today, the trail begins to take on a stronger Himalayan character as you climb higher toward Namrung. The dense forests gradually give way to more open mountain landscapes, with taller peaks appearing along the route. You pass through the villages of Rana and Bihi, where Tibetan Buddhist culture becomes more visible through mani walls, prayer wheels, chortens, and colorful prayer flags.

As you gain altitude, the surrounding mountains become larger and more impressive. The trail continues through quiet villages and scenic mountain terrain before reaching Namrung, a beautiful settlement surrounded by high Himalayan peaks. From here, you can enjoy impressive views of Sringi Himal (7,161m) and experience the changing landscape as you move deeper into the Manaslu region.



Day 08: Trek Namrung to Samagaun (3,530m)

Distance: 18 km | Walk: ~7 Hours | Altitude: 3,530m | Accommodation: Teahouse | Meals: Breakfast, Lunch & Dinner

Today is one of the most spectacular days of the Manaslu Circuit Trek. The trail climbs through high alpine forests, open yak pastures, and traditional Buddhist settlements as the landscape becomes more rugged and dramatic. Along the way, you pass through Lihi, Sho, and Lho, with each village offering impressive views of the surrounding Himalayan peaks.

At Lho, you get your first close and unforgettable view of Mount Manaslu (8,163m), rising dramatically above the valley. From here, the trail continues through Shyala, where the mountain views become even more impressive, before reaching Samagaun. Surrounded by high peaks, Samagaun is a beautiful Tibetan-style village known for its stone houses, prayer flags, and peaceful mountain atmosphere.

Day 09: Rest & Acclimatization Day in Samagaun

Altitude: 3,530m | Activity: Acclimatization Hike | Accommodation: Teahouse | Meals: Breakfast, Lunch & Dinner

Today is an important acclimatization day in Samagaun. Take a short hike to a higher elevation and return to the village to help your body adjust before heading toward higher altitudes.

Option A: Hike to Manaslu Base Camp (4,800m) for impressive views of Mount Manaslu and the surrounding glaciers.

Option B: Take a gentler hike to Birendra Glacial Lake (3,450m), then return to Samagaun to explore the village and rest.



Day 10: Trek Samagaun to Samdo (3,875m)

Distance: 9 km | Walk: ~4 Hours | Altitude: 3,875m | Accommodation: Teahouse | Meals: Breakfast, Lunch & Dinner

Today is a shorter and easier trekking day as you continue to gain altitude. The trail follows a wide glacial valley with impressive views of the surrounding mountains. You cross a glacial moraine and the Budhi Gandaki River before reaching Samdo, a small village near the Tibetan border.

Samdo has strong Tibetan cultural connections, with a long history of trade across the mountain passes. After arriving, take the afternoon to rest, stay hydrated, and prepare for the challenging Larkya La Pass crossing ahead.

Day 11: Trek Samdo to Larkya La Phedi (4,460m)

Distance: 7 km | Walk: ~3 Hours | Altitude: 4,460m | Accommodation: Basic Teahouse at Dharamshala | Meals: Breakfast, Lunch & Dinner

Today is a short but important trekking day as you gradually climb toward Dharamshala, also known as Larkya La Phedi. The trail passes through a stark high-altitude landscape of rocky slopes, glaciers, and wide mountain views. As the altitude increases, the air becomes thinner, so maintaining a steady pace is important.

Dharamshala is your overnight stop before crossing the Larkya La Pass. The teahouses are simple and basic, so use the afternoon to rest, organize your gear, and prepare for an early start the next morning. Get plenty of sleep because tomorrow is the biggest and most challenging day of the trek.



Day 12: Trek Dharamshala to Bimthang via Larkya La Pass

Distance: 24 km | Walk: ~10 Hours | Max Altitude: 5,106m (Larkya La Pass) | End Altitude: 3,720m | Accommodation: Teahouse in Bimthang | Meals: Breakfast, Lunch & Dinner

Today is the most challenging and rewarding day of the trek. Start around 4:00 AM and climb through rocky and snowy terrain toward Larkya La Pass. After several hours, reach the summit at 5,106m and enjoy spectacular views of Manaslu, Himlung Himal, Cheo Himal, Kang Guru, and Annapurna II.

After celebrating the pass crossing, begin the long descent toward Bimthang. The landscape gradually becomes greener as you leave the high-altitude terrain behind.

Day 13: Trek Bimthang to Tilije (2,300m)

Distance: 20 km | Walk: ~6 Hours | Altitude: 2,300m | Accommodation: Teahouse | Meals: Breakfast, Lunch & Dinner

After yesterday's challenging Larkya La Pass crossing, today is a more relaxed descent through beautiful mountain scenery. The trail winds through rhododendron and pine forests, which are especially colorful during spring, before crossing the Dudh Khola River.

You continue through open meadows with views of Lamjung Himal and pass the small settlement of Hampuk before reaching Tilije. With the lower altitude and warmer air, it is a perfect place to relax, enjoy a hearty dinner, and recover after the high-altitude section of the trek.



Day 14: Trek Tilije to Dharapani (1,860m)

Distance: 13 km | Walk: ~5 Hours | Altitude: 1,860m | Accommodation: Teahouse | Meals: Breakfast, Lunch & Dinner

Today is your final day of trekking on the Manaslu Circuit. The trail descends through terraced farmland, apple orchards, and green mountain villages as you pass through Thonje and Karte.

You eventually reach Dharapani, where the Manaslu Circuit joins the popular Annapurna Circuit route. After days in the remote mountains, you will notice more trekkers, teahouses, and facilities. Take some time to relax, enjoy a warm drink, and celebrate completing your Manaslu Circuit adventure.

Day 15: Drive Dharapani to Besisahar and Kathmandu

Distance: 210 km | Drive: ~10 Hours | Altitude: 1,324m | Accommodation: Hotel in Kathmandu | Meals: Breakfast & Farewell Dinner

Today marks the end of your Manaslu Circuit adventure. After breakfast in Dharapani, drive by jeep through the Marsyangdi River Valley to Besisahar, the gateway to the Annapurna region.

From Besisahar, continue through the hills and river valleys of central Nepal toward Kathmandu. Arrive in the evening, check into your hotel, and enjoy a well-earned hot shower and a farewell dinner to celebrate the completion of your trek.



Day 16: Final Departure to Your Onward Destination

Activity: Hotel to Airport Transfer | Meals: Breakfast

Your Manaslu Circuit Trek comes to an end today. After breakfast, our Himalaya Hub team will transfer you to Tribhuvan International Airport in time for your departure flight.

As you leave Kathmandu, take with you the memories of the mountains, villages, culture, and people you experienced along the trail. Thank you for trekking with Himalaya Hub, and we hope to welcome you back to Nepal for another adventure.

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Tell us your travel plans and we'll create a personalized itinerary based on your budget, interests, and schedule.

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✓ Included

- Airport pickup and drop-off by private transport
- Guided Kathmandu sightseeing with private car and guide
- 3 nights' accommodation in Kathmandu on a B&B basis at Hotel Nepalaya or a similar hotel
- Local bus from Kathmandu to Soti Khola
- Shared jeep from Dharapani to Besisahar, followed by bus to Kathmandu
- Experienced trekking guide, including salary, food, insurance, accommodation, and transportation
- Three meals a day during the trek: breakfast, lunch, and dinner
- Porter service with 1 porter for every 2 clients
- Teahouse accommodation during the trek on a twin-sharing basis
- Manaslu Conservation Area Permit (MCAP)
- Annapurna Conservation Area Permit (ACAP)
- Restricted Area Permit (RAP)
- Medical and first-aid kit
- Sleeping bag and down jacket, provided during the trek and returned afterward
- Emergency rescue arrangements during the trek (rescue costs covered by your travel insurance)
- Embassy registration
- Last-night farewell dinner at a traditional Nepali restaurant
- All applicable government taxes

✗ Excluded

- Bar bills, including soft drinks, hot drinks, and alcoholic beverages
- Monument entrance fees during Kathmandu sightseeing
- Extra nights' accommodation in Kathmandu
- Lunch and dinner in Kathmandu, except the farewell dinner
- Travel insurance covering emergency rescue and evacuation
- Personal expenses such as snacks, cigarettes, phone calls, hot showers, battery charging, Wi-Fi, heater charges, and personal trekking equipment
- Any additional costs caused by unforeseen circumstances beyond the control of Himalaya Hub Adventure
- Tips for drivers, guides, and porters
- Select 23 more words to run Humanizer.

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1	Pax	2	5	\$1,160
2	Pax	6	11	\$1,030
3	Pax	12	18	\$970