



Touch The Himalaya
 Treks & Expedition (P.) Ltd.

Manaslu Circuit Trek-12 Days

Short Description

The Manaslu Circuit Trek is one of Nepal's most rewarding journeys, combining breathtaking Himalayan scenery with rich cultural encounters. This trek circles the world's eighth-highest mountain, Mt. Manaslu (8,163m), and offers a less crowded alternative to the Annapurna Circuit while still delivering dramatic landscapes, remote villages, and high mountain passes. Walking through lush valleys, Buddhist monasteries, and traditional Tibetan-influenced communities, trekkers experience both natural beauty and cultural depth. The highlight is crossing the Larke Pass (5,160m), a thrilling challenge that rewards with panoramic views. In just 12 days, the Manaslu Circuit promises adventure, diversity, and unforgettable Himalayan memories.

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

Duration: 14 Days:

Manaslu Circuit Trek (12-Days) Outline Itinerary.

DAY-01: Drive from Kathmandu to Machha-Khola 7-8 Hours' drive.

Max. Altitude: 870m/2,952ft Meals: (B-L-D) Breakfast/Lunch/Dinner Accommodation: Guest house/Lodge/Local Homestay

Early morning breakfast at hotel then Check-out the hotel, Our staff will pick you up and drive you to the bus park or a private vehicle. We travel by a beautiful bus or jeep to Machha-Khola, which is where the Manaslu Area and the Trek begin. Dinner and an overnight stay at the Machha-Khola Hotel.

Traveler's Note: Machha-khola is a tiny town well known for selling locals from the northern portion of the Gorkha District. The majority of the population is Buddhist and Hindu, and the town is located on the bank of the Bhudhi Gandaki River, which originates in the Tsum Valley and Larke Pass. The majority of the route is along the Budhi Gandaki River's bank. You may anticipate seeing waterfalls, seeing monkeys, rice fields, lush forests, and, if the weather permits, getting our first glimpses of the Ganesh Himal. If you look out on the road, there's a good possibility you'll also see waterfalls as you pass by a number of local landmarks.

DAY-02: Trek from Maccha Khola to Jagat, 6-7 hours.

Max. Altitude: 2,340m/ 7,676ft Meals: (B-L-D) Breakfast/Lunch/Dinner Accommodation: Guest house/Lodge/Local Homestay

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

Max. Altitude: 1,860m/6,102 ft Meals: (B-L-D) Breakfast/Lunch/Dinner Accommodation: Guest house/ Lodge Distance: 6 kilometers Elevation gain: 600 meters Time: 4-5 hours

The trek from Philim to Deng is a relatively easy one. 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.

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.

Traveler's Note: Today, our destination is Deng. Where you can try local food with good taste. On proceeding further you cross the Siyar Khola Bridge and reach a junction where the trail separates to Tsum valley on your right. Like this we walk and reach Deng and we will spend over night there.

DAY-04: Deng trek to Namrung

Max. Altitude: 2,630m/8,628 ft Meals: (B-L-D) 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; take the right-hand trail to Ghap.

After passing through Ghap village, climb up to Namrung. Have dinner and stay overnight at Namrung village.

Traveler's note: Today we get clear views of the Ganesh, Shingri and Kutang Himal.

DAY-05: Namrung trek to Lho, 4 Hours walking.

Max. Altitude: 3,180m /10,433 ft. Meals: (B-L-D) Breakfast/Lunch/Dinner Accommodation: Guest house/ Lodge

After breakfast at your lodge in Namrung, depart and head towards Lho. The trail through a forest of oak, fir, and rhododendron trees will take you to a permit check post where you will need to show your trekking permit. Continue on the trail, which will take you through the village of Lihi Gaon and downwards to the village of Sho Goan. Not long after, you will reach the village of Lho, located at an altitude of 3280 meters. Enjoy a delicious lunch at a local restaurant in Lho, and then a traditional Nepalese dinner at your lodge. Stay overnight in Lho.

Traveler's note: The eighth-highest mountain the world, Mt Manaslu comes in sight today! Today is the first day to see Manaslu and specially the real exciting view of Larke gonna start from today. and also we gonna see most of the locals clad in traditional Tibetan dress while walking in the way to Lho. from this day we will move towards the high quite altitude, So it is recommended to walk slowly and check your body signs by bring careful.

DAY-06: Lho Trek to Samagau (Ryo) 4 hrs walking.

Max. Altitude: Altitude: 3,520 m/11,548 ft. Meals: (B-L-D) Breakfast/Lunch/Dinner Accommodation: Guest house/ Lodge

After breakfast, we departed on a short trek up to Sama (Ryo). We stopped in Shyala to take in the amazing 360-degree Himalayan view. We continued on our journey until we reached Sama (Ryo). We had dinner and stayed overnight in the village.

Traveler's Note: Sama is locally more known as Samagaon, gaon meaning village. Today incredible views await of the, Manaslu, Himal Chuli, Nadi Peak, Naika Peak, Kutang Himal and the Pangbuche Himal. Shyala is the first town we gonna have today which is one of the best view point of this region to see 360 degree only mountain from town.

DAY-07: Sama (Ryo) Acclimatization day.

Max. Altitude: 3,520 m/11,548 ft. Meals: (B-L-D) Breakfast/Lunch/Dinner Accommodation: Guest house/Lodge

Today is your acclimatization day. After a hearty breakfast at your lodge, you will take a hike to get more used to the high altitude. You can choose from two options: hike around Birendra Lake and Manaslu Base Camp, or hike up to the Pungen Gumpa. In the evening, you will have dinner and stay overnight in Sama (Ryo).

Traveler's Note: Samagaun is a village development committee in Gorkha District in the Gandaki Zone of northern-central Nepal. At the time of the 1991 Nepal census it had a population of 665 and had 179 houses in the village. Today is an acclimatization day, we can hike around Birendra lake/Manaslu Base camp or Pungen Gumpa etc. discuss with guide which one gonna be best one according your fitness and desire.

DAY-08: Samagau-Trek to Samdo: 3/4hrs walking.

Max. Altitude: 3,875 m/12,713 ft. Meals: (B-L-D) Breakfast/Lunch/Dinner Accommodation: Guest house/Lodge

After breakfast, you will depart for a relatively short trek up to Samdo. Due to the high elevation, it is important to take it slowly while climbing upwards. By lunchtime, you will reach Samdo village. In the afternoon, you can rest or take a hike up to Samdo Peak. Dinner and overnight stay will be at Samdo.

Traveler's note: The views of Mt Manaslu from Samdo Peak are just incredible is you have the stamina it is worth hiking up there. Samdo is a well-known Tibetan refugee camp. After spending a whole day and 2 night on samagau we start our treks towards the samdo or close to hiking options. samdo has excellent views of Manaslu along with other Himalayan ranges including Simrang, Hiunchuli, Ngadi, Larkye Peak, Cheo, and possibly Kang Guru behind the pass. Here we can many kinds of beautiful mountain birds like the Lophophorus (the national bird of Nepal), .we can see yak, hours, mountain mouse, blue sheep etc.

DAY-09: Samdo to Dharamsala, 4/5hrs walking.

Max. Altitude: 4,460 m/14,633 ft. Meals: (B-L-D) Breakfast/Lunch/Dinner Accommodation: Guest house/Lodge

After breakfast, you will depart for the foot of the Larya La, Dharmasala. 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.

Tomorrow we face our first pass the Larkya La at 5,160 meter, better take a good night rest and prepare your camera batteries. Did you know that Dharmasala is also known as Larkya Phedi ? After breakfast, today we move through the Samdo to Dharamsala you will pass a seasonal Tibetan market called Larke Bazaar beside to the Budi Gandaki Rive. you'll see many traditional monasteries. While walking towards the dharamsala. we will do shorter hike leaves time for acclimatization and relaxing in the afternoon in Dharmasala.

DA-10: Dharmasala to Bhimtang (4,460m) via Larkya La Pass (5,106m) 7/8 hours walking.

Max. Altitude: (Larke- 5,106m/ 16,751 ft. Meals: (B-L-D) Breakfast/Lunch/Dinner Accommodation: Guest house/Lodge

You wake up early for breakfast and depart for the Larkya La pass. The trail goes slowly up until you reach the pass. At the pass, you take a break to enjoy the amazing views of

the Himalayas. After finishing your crossing, the trail leads downhill to Bhimtang. In the evening, you enjoy dinner and an overnight stay in Bhimtang village.

From the Larkya La Pass we get some amazing views of the Cheo Himal, Gyaji Kung, Kang Guru and the Annapurna II. All above 6,000 meter mountains! Today is one of the crucial and most waited day of the trip for great view and adventure. (7-8 hrs) Once you got in Bhimthang, it might be best accommodation of the trek and right place to celebrate great success of Larke La.

DAY-11: Bimthang to Tilje 5/6hrs. Walking

Max. Altitude: Altitude: 2,300 m/7,546 ft Meals: (B-L-D) Breakfast/Lunch/Dinner Accommodation: Guest house/ Lodge

You will have breakfast in the village and then depart. You will hike downhill for most of the day. After a good 4 hours, you will reach the village of Ghoa. From there, you will continue downwards to Tilje. You will have dinner and stay overnight in Tilje village. Waking up early today allows for an amazing sunrise view from the teahouse. After passing the top peak of the world we are in the bimthang by having and we are starting our next journey towards the tilije .tilije is the beautiful village with beautiful people of there local culture . In tilije we can have good hotels and we can find free wi-fie after crossing the mountain.

DAY-12: Tilije trek to Dharapani and drive to Besisahar by jeep. 6/7 hours.

Max. Altitude: 760m/ 2,493ft Meals: (B-L-D) Breakfast/Lunch/Dinner Accommodation: Guest house/ Lodge

After breakfast, depart from your hotel in Dharapani. Follow the trail down to the small village of Dharapani, which is located at the confluence of the Marsyangdi and Trishuli rivers. The path leads through pine forests and several small villages.

Guide will arrange a jeep to take you to Besisahar. The drive takes approximately 2 hours.

Arrive in Besisahar. Have your lunch, After Lunch you will be driven to your destination. Your guide will arrange the transfer, and your guide and porters will return to Kathmandu. If you have time, we recommend you to spend a few nights in Pokhara, a beautiful tourist town in Nepal. We will arrange your transferred to Pokhara, or you can drive back to Kathmandu.

Traveler's note: This is our last day of the massive Manaslu circuit trek, after arrive Besisahar by 4 hours of driving, get into the town, have good food and drinks, then plan for the further days.

Itinerary Note: *This itinerary is just a guideline or the standard pattern we provide. This Itinerary can be modified according to your time, requirements, physical fitness, weather conditions, or ground reality. Your Safety is our top priority when traveling with us. Please note that you have the authority to amend or change any part of the above itinerary if it is unnecessary due to safety concerns. Every effort will be made to keep the above itinerary; however, this is an adventure in the remote mountain region. We don't guarantee weather conditions, health conditions of the members, unexpected natural disasters, etc, which may change the itinerary.*

Cost for 3 Pax Group comes Per Traveler USD: 746 (Full Board Package)

Cost Included

- ✓ Transport from Kathmandu to Machha-Khola (trekking starting point) by Bus, & Dharapani to Besisahar (trekking ending point to town) by shared jeep. From Besisahar to Kathmandu or Pokhara (the road is nice) by tourist bus.

- ✓ All trekking and restricted area permits & fees (Entry Permit, Manaslu conservation area permit, Annapurna conservation permit, and Manaslu Restricted area special permit).
- ✓ Manaslu Rural Local Government fee
- ✓ Three Meals a day (Breakfast, Lunch, and Dinner, one good meal each time) during the trek are indicated by the itinerary.
- ✓ All Accommodation while trekking in local lodges/guesthouses.
- ✓ A Professional Government-licensed Trekking leader (guide)
- ✓ A comprehensive medical bag carried by the Guide,
- ✓ All government and local taxes for Trekking,
- ✓ Insurance of trekking staff (guide), his salary, food, and accommodation.

Cost Exclude:

- ✗ Foods and Accommodation in kathmandu.
- ✗ Insurance that covers medical, emergency evacuation, lost, and theft expenses.
- ✗ Any types of Drinks: alcoholic, hot, cold, and bottled, other than normal drinking water in the mountains.
- ✗ Laundry fees,
- ✗ All food and beverages other than on the itinerary.
- ✗ Personal gear and expenses.
- ✗ 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
- ✗ Anything not included in the service is listed in a column

Note:

- *If some 3 participants want to share a Porter for 12 Days, it costs comes an additional 240 USD that allow you to give him 20-22 Kg baggage*
- *Instead of the Public Bus, if you need a Private Jeep (Kathmandu-Machhakhola), the cost is USD 50 per person on top of the above-mentioned Bill.*

Cost for 3 Pax Group comes Per Traveler USD: 372 (Guide/permit/transportation Service Only)

Cost Included

- ✓ Transport from Kathmandu to Machha-Khola (trekking starting point) by Bus, & Dharapani to Besisahar (trekking ending point to town) by shared jeep. From Besisahar to Kathmandu or Pokhara (the road is nice) by tourist bus.
- ✓ All trekking and restricted area permits & fees (Entry Permit, Manaslu conservation area permit, Annapurna conservation permit, and Manaslu Restricted area special permit).
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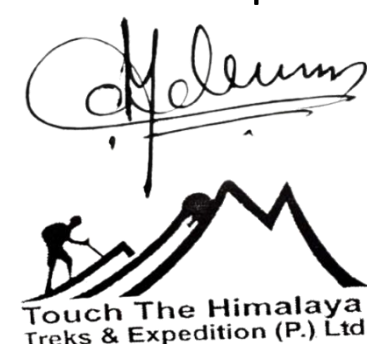
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Suggested Equipment List for this trip

- Trekking bag.
 - If you will have a porter, a Duffel/Rucksack bag for the porter (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
 - 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
 - Crampons and Trekking Stick.
- 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 4,000 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.

Madan Neupane



Touch the Himalaya Treks and Expedition Nepal