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Manaslu Circuit Trek-16 Days

Organized By: Touch the Himalaya Treks and Expedition

Short Overview

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

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

16 Days Manaslu Circuit Trek Outline Itinerary

Day 01: Welcome at Tribhuvan International Airport, then transfer to your hotel.

DAY-01:TRIP FACT	
Driving Distance	5 KM.
Duration	30 Minutes Drive
Elevation	1,400m/4,593ft.
Meals	Breakfast
Accommodation	3 4 Star Hotel

After arriving at Tribhuvan International Airport (TIA) in Kathmandu, you will meet our representative at the airport. They will transfer you to your hotel, where you can check in and Relax for the rest of the day. Enjoy a traditional Nepali dinner at a local restaurant and overnight.

Day 02: Trek preparation and introduce with trekking staffs.

DAY-02:TRIP FACT	
Driving Distance	20 KM
Duration	3 Hours Sightseeing
Elevation	1,400m/4,593ft.
Meals	Breakfast
Accommodation	3 4 Star Hotel

Brunch in a hotel, our staff will pick you up and take you to our office for a briefing and preparation for your journey. You will be briefly explained by our personnel. If of interest, you will see cultural landmarks, some of which are well-known World Heritage sites, such as Swyambhunath and Kathmandu Durbar Square, then overnight at hotel.

Day 03: Kathmandu to Machhakhola 8-9 hrs. Drive by a Bus. (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 Machha-Khola, from where the Manaslu Area and the Trek begin. Dinner and an overnight stay at the MachhaKhola Hotel.

Day 04: Trek from Maccha Khola 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 05: Jagat trek to Deng 6-7 hours walking (1,860m/6,102 ft)

DAY-05: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 06: Trek from Deng trek to Namrung (2,630m/8,628ft)

DAY-06: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 way, 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 07: Namrung to Lho (3,180m / 10,433ft)

DAY-07:TRIP FACT	
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Trek Distance	10 KM.
Duration	4-5 Hours Trek
Elevation Change	+550 m/+1,804ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

A culturally enriching day. Lho village has a strong Tibetan Buddhist feel and offers the first clear views of Mt. Manaslu. Explore Ribung Gompa.

Day 08: Lho to Sama Gaun (3,530m / 11,581ft)

DAY-08:TRIP FACT	
Trek Distance	9 KM.
Duration	5-6 Hours Trek
Elevation Change	+350 m/+1,148ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

Trek through forested trails and alpine meadows. Sama Gaun is the largest village in the Manaslu region, with traditional houses, a monastery (Kargyu Chholing Gompa), and Yak pastures.

Day 09: Acclimatization day in Sama Gaun – visit Pung Gyen Gompa/Birendra Lake or Manaslu Base camp

DAY-09:TRIP FACT	
Trek Distance	13/14 KM
Duration	6/7 hours
Elevation Change	None
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

A rest and exploration day. Hike to Pung Gyen Gompa or manaslu Basecamp with panoramic views of Mt. Manaslu and explore yak herder settlements.

Day 10: Sama Gaun to Samdo (3,860m / 12,660ft)

DAY-10:TRIP FACT	
Trek Distance	8 KM.
Duration	3-4 Hours Trek

Elevation Change	+330 m/+1,082ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

A gradual walk above the tree line to the village of Samdo, located near the Tibetan border. Rich in culture and mountain charm.

Day 11: Samdo to Dharamsala/Larkya Phedi (4,460m / 14,632ft)

DAY-11: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, Dharmasala. 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 Dharmasala. 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 12: Cross Larkya La Pass (5,106m / 16,752ft) and trek to Bimthang ((3,720m / 12,204ft)

DAY-12:TRIP FACT	
Trek Distance	23 KM.
Duration	8-9 Hours Trek
Elevation Change	-740 m/-2427ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

The most challenging and rewarding day! Cross the snow-covered Larkya La Pass with Jaw-dropping views of Himlung, Cheo Himal, and Annapurna II. Descend to the beautiful valley of Bimthang.

Day 13: Bimthang to Goa (2,515m / 8,251ft)

DAY-13:TRIP FACT	
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Trek Distance	12 KM.
Duration	4-5 Hours Trek
Elevation Change	-1,205 m/-3,952ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

Trek through lush forests and rhododendron groves. Goa is a peaceful village, perfect For resting after the long pass.

Day 14: Goa to Dharapani (1,963m / 6,440ft)

DAY-14:TRIP FACT	
Trek Distance	10 KM.
Duration	4-5 Hours Trek
Elevation Change	-552 m/-1,8107ft.
Meals	Breakfast/Lunch/Dinner
Accommodation	Guest House/ Lodge

The trail becomes more populated as we descend into the lower Annapurna region. Dharapani is a junction point of the Annapurna Circuit.

Day 15: Drive to Besisahar by local jeep-56 KM (760m / 2,493ft), and switch bus to Kathmandu-175 KM, 5/6 hours.

DAY-15:TRIP FACT	
Driving Distance	231 KM.
Duration	8-9 Hours Drive
Elevation Change	-563 m/-1,846ft.
Meals	Breakfast/Lunch
Accommodation	Standard Hotel

This is your last day of the massive Manaslu circuit trek. After breakfast, in Dharapani, Guide will arrange a jeep to take you to Besisahar, a Scenic off-road drive through beautiful villages, farmlands, and waterfalls along the Marsyangdi River. The road leads through pine forests and several small villages. The drive takes approximately 2-3 hours. Arrive in Besisahar, Have your lunch, After Lunch you will be driven to your destination, Kathmandu or Pokhara.

Day 16: Final Departure

End of your holiday, finished the trek, you will be dropped off at the airport, or if you have time, enroll in one of our Other programs.

DAY-26:TRIP FACT

Driving Distance	5 KM.
Duration	30 Minutes Drive
Elevation Change	None
Meals	Breakfast
Accommodation	Yourself



Manaslu Circuit Trek

DAYS
16

Legend

- Difficulty Level: Moderate
- Max Altitude: 6106m
- Trekking Route:
- Secondary Route:
- Driving Route:
- Lake:
- Passes:
- Mountain:



16 Days Manaslu Circuit Trek Cost

1 Trekker	USD 1160
2-3 Trekkers	USD 999
4-5 Trekkers	USD 980
6-9 Trekkers	USD 930
10-15 Trekkers	USD 895
16-20 Trekkers	USD 870

Cost Included

✓ Ground Transportations:

- Airport pickup/drop-off by car/Jeep/Van/Bus (depends on number of arrives)
- Transport from Kathmandu to Machha-Khola (trekking starting point) by public bus
- Dharapani to Besisahar (trekking ending point to town) by Local Jeep.
- From Besisahar to Kathmandu (the road is nice) by tourist bus.
- ✓ All necessary conservation and restricted area permits & fees (Entry Permit, Manaslu conservation area permit, Annapurna conservation permit and Manaslu Restricted area special permit).
- ✓ Three nights Hotel in Kathmandu (first two and last one nights) with Breakfast.
- ✓ Three Meals a day (Breakfast, Lunch, and Dinner) during the trek as indicated by the itinerary.
- ✓ All Accommodation during the trek in local lodges/guesthouses.
- ✓ A Professional Government license, Trekking guide.
- ✓ A Strong personal Porter during the trek (one porter for two trekkers)
- ✓ A comprehensive medical kit.
- ✓ All government and local taxes for Trekking
- ✓ Insurance of trekking staff (guide and porter) theirs salary, food, and accommodation.
- ✓ Welcome or farewell Dinner in kathmandu, before or after the trek

Cost Exclude:

- ✗ Lunch and Dinner 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 trekking Guide and porter.
- ✗ Extra expenses due to flight delays, strikes, weather conditions, or any event out of our control

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
- 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.
- 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



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