



Manaslu Circuit Trek

Facts

Destination: Nepal

Trip Difficulty: Strenuous

Trip Style: Trekking and Tour

Transport: Tourist Bus

Food: Breakfast+Lunch+Dinner

Accommodation: 3-Star Hotel + Teahouses + Lodges

Group Size: 02-10

Max Elevation: 5,364m

The Manaslu Circuit Trek is one of the most beautiful and less crowded treks in Nepal. This trek takes you around Mount Manaslu (8,163m), the 8th highest mountain in the world.

Manaslu circuit trek is known for its stunning landscapes, rich culture, and challenging trails.

Your journey for this wonderful trek starts from Soti Khola and ends at Besi Sahar. Over 12 days, you will pass through dense forests, deep valleys, remote villages, and high mountain passes. The highest point of the trek is Larkya La Pass (5,167m). This pass is usually

covered in snow and offers breathtaking views of Manaslu, Annapurna, and Ganesh Himal.

Unlike the Everest Base Camp and Annapurna Circuit, the Manaslu region sees fewer trekkers. This makes the experience more peaceful and allows you to enjoy the untouched beauty of the Himalayas. However, it is also a restricted trekking area, meaning solo trekking is not allowed. You must trek in a group with a licensed guide and obtain special permits.

The Manaslu Circuit trek is not just about the mountains. You will also explore Tibetan-influenced villages, ancient monasteries, and Buddhist culture. Villages like Lho, Samagaun,



and Samdo offer a chance to see prayer flags, chortens, and traditional lifestyles. The Manaslu Conservation Area is home to rare wildlife, rivers, waterfalls, and forests. This trek is physically demanding. The trails include suspension bridges, rocky paths, and steep climbs. The altitude gain can make trekking difficult, so proper acclimatization is important. The toughest part is crossing Larkya La Pass, which requires starting early in the morning to avoid strong winds.

Despite the challenges, the Manaslu Circuit Trek is an unforgettable experience. It combines natural beauty, adventure, and cultural exploration. The journey through remote villages and breathtaking landscapes makes it one of the best trekking routes in Nepal.

Highlights

Manaslu Circuit Trek Highlights

- Stunning views of Mount Manaslu (8,163m), the 8th highest peak in the world.
- Breathtaking panoramas of Himlung Himal, Annapurna II, Ganesh Himal, and Lamjung Himal.
- Cross Larkya La Pass (5,167m), the highest and most challenging point of the trek.
- Trek through diverse landscapes, from subtropical forests to high-altitude tundra.
- Pass through the Budhi Gandaki River Valley, with deep gorges, waterfalls, and glacial rivers.
- Experience rich Tibetan-influenced culture in remote villages like Lho, Samagaun, and Samdo.



- Visit ancient monasteries, including Nubri Monastery and Pungyen Monastery.
- Explore suspension bridges, prayer flags, mani walls, and chortens along the trail.
- Hike to the Tibetan border from Samdo Village.
- Less crowded than Everest and Annapurna treks, offering a peaceful trekking experience.
- Challenging and adventurous trails, with steep climbs and rugged paths.

Day to Day Itinerary

Day 01: Drive from Kathmandu to Maccha Khola (869 m) via Soti Khola

Day 02: Machhakhola to Jagat(1410m) Duration: 6-7 hours

Day 03: Jagat to Deng (1860m) 6-7 hours

Day 04: Deng to Namrung (2,600m) 5-6 hours

Day 05: Namrung to Samagaon (3540 m) .

Day 06: Rest and acclimatization day.

Day 07: Samagaon to Samdo (3,860m) 3-4 hours.

Day 08: Samdo to Dharamsala 4,460m /Larke Base Camp.

Day 09: Larke Base Camp to Larkya Pass (5,160m) to Bimthang .

Day 10: Bimthang to Dharapani

Day 11: Trek to Tilje village (2300 m) and drive to besisahar.

Day 12: Drive to Kathmandu.

Cost Includes

- Kathmandu to Machi Khola by tourist bus.
- Besishar back kathmandu tourist bus.
- Full board meal during the trek (breakfast, lunch, and dinner).
- Teahouse accommodation on the trek.
- Seasonal fruits during the trek.
- Experienced, expert, friendly guide, porter and their food, accommodation, salary, equipment, and insurance.
- Duffle bag for the trekking use.
- First Aid kit included Oximeters.
- All permits and Tims (please bring a passport copy and photos).
- Government tax, farewell dinner.

Cost Excludes

- International flight tickets.
- Travel insurance.
- Nepal entry visa.
- Cold drinks, snacks, and personal equipment.
- Tips for guide, porters and drivers.