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: 02-15

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 (https://www.nepalhikingtrek.com/everest-base-camp-trek) and Annapurna Circuit (https://www.nepalhikingtrek.com/annapurna-circuit-trek) , 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 (https://www.nepalhikingtrek.com/best-selling-packages) 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 Gho (2,515m/8,250ft) | 5-6 hours

Day 11: Gho to Dharapani (1,920m/6,300ft) | 3-4 hours

Day 12: Dharapani to Besi Sahar (760m/2,495ft) to Kathmandu (1,300m/4,264ft) | 9-10 hrs drive

Cost Includes

Accommodation

- Best available twin-sharing guesthouse accommodation during the trek for 11 nights in the Manaslu Region.

Meals & Drinking Water

- Full board standard meals during the trek (Breakfasts, Lunches, and Dinners) including one hot drink.
- Seasonal fruits for dessert in the evening on a trek.
- Cultural dinner in a Nepali Restaurant after trekking.

Transportation

- Kathmandu International and Domestic airport pick-up and drop-off on a private vehicle as per your arrival date and time (upon request).
- Transport from Kathmandu to Machha Khola by Public bus (private jeep upon request with an extra cost).
- Dharapani to Besisahar by public sharing jeep and Besisahar to Kathmandu or Pokhara by Tourist bus.

Guide and Staff

- Experienced, first-aid trained, government licensed, English speaking, and locally recruited Nepal Hiking Trek's trekking guide for 12 days (2 guides for group sizes of more than 7 people).

- Porter to carry your luggage during the trek (1 porter for every 2 clients, carrying up to 26 kgs)
- Wages, accommodation, meals, gear, insurance, and medications for all staff.

Manaslu Trek Permits

- Manaslu Restricted Area Permit (MRAP).
- Manaslu Conservation Area Permit (MCAP).
- Annapurna Conservation Area Permit (ACAP).
- Tsum Nubri Rural Municipality (local government) Permit.
- Trekkers' Information Management System (TIMS) card.

NHT benefits

- First aid/kit bag with oxygen meters, trekking map.
- Trip completion certificate by Nepal Hiking Trek.

Administrative & Taxes

- All our administrative expenses and government taxes.

Cost Excludes

- International flight fare and Nepal Entry Visa fee.
- Travel insurance for both medical and high-altitude emergency evacuation coverage.
- Snacks and any kind of beverages, including bottled and boiled water.
- Tips and gratitude to the trekking guides and porters (expected).
- Personal trekking gear or equipment and personal expenses.
- Accommodation in Kathmandu (available upon request with an extra cost).
- Any other expenses that are not mentioned in the Price Includes section.