



Manaslu Circuit Trek

A legendary adventure to the foot of the world's highest peak.

● Trekking at a Glance

DURATION

14 Days

MAX ALTITUDE

5,160m

BEST TIME

Mar- May & Sep- Nov

ACCOMMODATION

Hotel / Tea House

THE OVERVIEW

Regarded by many as Nepal's best trek "Manaslu Circuit" offers a package of spectacular views increasingly rugged scenery and a high pass crossing at Larkya La (5100m). The walls of the Budi Gandaki valley are perpendicular so there is a huge amount of extra climbing as you hike up and down over ridge or across cliff side shelves. The trail is rough and steep and in a couple of places literally hangs on a bluff high above the river. The trek is both geographically spectacular and culturally fainting. The inhabitants of the Upper Budi Gandaki Region are known as Nuri. The western mountain is direct descendant of...

01

Arrival at Kathmandu

Arrive in Kathmandu, Nepal's bustling capital, and get transferred to your hotel. Take the day to rest and prepare for your trek. If time permits, you can explore the vibrant streets of Kathmandu or visit the local attractions.

ALT: 1,400m MEAL: Dinner

02

Drive from Kathmandu to Machhakhola

Embark on a scenic drive from Kathmandu to Machhakhola, passing through lush forests and riverside villages. Enjoy the views of rural Nepal as you approach the Machhakhola village.

ALT: 869m MEAL: B, L, D

03

Trek Maccha Khola to Philim

Trek from Maccha Khola to Philim, a beautiful village. The trail takes you through a variety of landscapes, including dense forests and charming settlements.

ALT: 1,570m HIKE: 6-7 hours MEAL: B, L, D

04

Trek Philim to Deng

Continue your trek from Philim to Deng, crossing several scenic spots and experiencing the local culture. The path offers stunning views and peaceful surroundings.

ALT: 1,660m HIKE: 6-7 hours MEAL: B, L, D

05

Trek Deng to Ghap or Namrung

Today's trek takes you through picturesque villages, moving higher into the mountains. Enjoy the breathtaking views of the surrounding peaks and valleys.

ALT: 2,630m HIKE: 5-6 hours MEAL: B, L, D

06

Trek Namrung to Lho

Trek from Namrung to Lho, a village with panoramic views of the Manaslu mountain range. The trail becomes more rugged as you ascend higher into the mountains.

ALT: 3,180m HIKE: 6-7 hours MEAL: B, L, D

07

Trek Lho to Sam Gaon

Today's trek takes you to Sam Gaon, a beautiful village with stunning views of the surrounding mountains. It's an ideal place to rest and acclimatize.

ALT: 3,500m HIKE: 5-6 hours MEAL: B, L, D

08

Sama Gaon to Samdo

Trek from Sam Gaon to Samdo, passing through alpine meadows and scenic valleys. The trail leads you higher into the mountains, providing more incredible views.

ALT: 3,875m HIKE: 4-5 hours MEAL: B, L, D

09

Rest Day / Trek to Viewpoint of Naike Ri

Take a rest day in Samdo or choose to hike to Naike Ri for an amazing view of the surrounding mountains, including Manaslu and its neighboring peaks.

ALT: 5,100m HIKE: 4-5 hours MEAL: B, L, D

10**Trek Samdo to Dharmasala**

Trek from Samdo to Dharmasala, the final stop before crossing the Larkya La Pass. The views continue to be breathtaking as you get closer to the high pass.

ALT: 4,460m HIKE: 4-5 hours MEAL: B, L, D

11**Dharmasala to Bimthang crossing Larkya La Pass**

This is the most challenging day as you cross the Larkya La Pass, one of the highest points of the trek at 5,160m. The views are extraordinary, and the experience of crossing this dramatic pass is unforgettable.

ALT: 3,590m HIKE: 8-9 hours MEAL: B, L, D

12**Trek Bimthang to Goa**

Descend from Bimthang to Goa, passing through forests and charming villages along the way. The trek provides beautiful views of the surrounding peaks and landscapes.

ALT: 2,350m HIKE: 6-7 hours MEAL: B, L, D

13**Goa to Dharpani, trek 2 hours; Drive to Besi Sahar**

Trek for 2 hours to Dharpani, then take a scenic drive to Besi Sahar, where you'll rest and relax after a long trek.

ALT: 830m HIKE: 2 hours/drive MEAL: B, L

14**Drive from Besi Sahar to Kathmandu**

Drive from Besi Sahar back to Kathmandu, completing your incredible Manaslu Trek. Enjoy the scenic views along the way and relax on your final day in Nepal.

ALT: 1,400m MEAL: Breakfast

15**Departure**

After breakfast, you will be transferred to the airport for your departure. Take a moment to reflect on your trek and the memories you've made.

ALT: 1,400m MEAL: Breakfast

END OF SERVICES

- What's Included

- All Airport Arrival – Departures. Transfers
- Hotel Accommodations in Kathmandu with Breakfast (twin sharing)
- Teahouse / Lodge Accommodations During Trek (twin sharing) as per schedule
- Meals During trek – Breakfast / Lunch / Dinner / Tea or Coffee a day
- Kathmandu – Jagat – Transportation
- Porters to carry your personal luggage (2 trekkers equal 1 porter)
- Guide and Porter insurance fee
- Manaslu Entry Permits
- Annapurna Conservation Park Entrance Fee
- Farewell Group Dinner
- Kathmandu Sightseeing Tour
- Duffle Bag
- First Aid Kit
- Filter Drinking Water

- What's Not Included

- International Airfare
- Nepalese Visa fee
- Travel and Rescue Insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge)
- Lunch and dinner in Kathmandu
- Tips for Guide, Porter, and Driver

CERTIFIED & AUTHORIZED AGENCY

TAAN NMA NTB NEPAL GOVERNMENT

Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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