

Manaslu Circuit Trek



Trip Overview

The Manaslu Circuit Trek is one of Nepal's most stunning and culturally rich Himalayan journeys, offering an adventurous alternative to the popular Annapurna Circuit. Encircling the eighth-highest mountain in the world; Mt. Manaslu (8,163m) — this trek combines breathtaking mountain scenery with deep cultural immersion in remote Tibetan-influenced villages.

The trail begins at Machha Khola and follows the rugged Budi Gandaki River valley, gradually ascending through lush forests, terraced farmlands, and narrow gorges before entering the high alpine region. You'll encounter monasteries, mani walls, and fluttering prayer flags that reveal the spiritual life of the Nubri and Tsum ethnic communities.

The high point of the trek, Larkya La Pass (5,160m), rewards trekkers with panoramic views of Manaslu, Himalchuli, Cheo Himal, and Annapurna II, one of the most spectacular Himalayan crossings in Nepal. The descent leads to the serene valley of Bhimthang and then to Tilje, marking a beautiful transition from alpine wilderness back to verdant lowlands.

This 15-day adventure is ideal for those seeking an off-the-beaten-path experience that blends natural grandeur, cultural depth, and physical challenge — all while staying in welcoming tea houses along the route.

Total Trip Days: 15 DAYS

Region: Manaslu & Annapurna

Max Altitude: 5,160 meters (Larkya La Pass)

Activity: Trekking

Difficulty: Moderate to Fairly Challenging

Trip Highlights

- Complete circuit trek around Mt. Manaslu (8,163m), the world's eighth-highest peak
- Cross the dramatic Larkya La Pass (5,160m) with breathtaking views of Manaslu, Himalchuli, Cheo Himal, and Annapurna II
- Explore remote Tibetan-influenced villages like Lho, Samagaun, and Samdo rich in Buddhist culture and tradition
- Visit ancient monasteries, mani walls, and chortens that line the highland trails
- Acclimatization hike to Manaslu Base Camp (4,620m) or Birendra Lake from Samagaun
- Experience diverse landscapes — from subtropical forests and river valleys to alpine meadows and glacial terrain
- Enjoy traditional hospitality in authentic Gurung and Nubri communities
- Scenic overland drive through rural Nepal from Kathmandu to the trailhead and back
- A perfect blend of adventure, remoteness, and cultural discovery, away from the crowded trekking routes

Itinerary

Day 1:

Upon arrival at Tribhuvan International Airport, you'll be greeted by our

representative and transferred to your hotel in the heart of Kathmandu. After check-in, the day is free for rest or light exploration. Overnight in Kathmandu.

Day 2:

Today, you'll visit UNESCO World Heritage sites including Patan Durbar Square and Swayambhunath Stupa. In the afternoon, your guide will help check your trekking gear, and you'll have time to rent or buy anything needed in Thamel. Meanwhile, your trek permits will be processed. Overnight in Kathmandu.

Day 3:

An early start takes you on a scenic jeep drive through hilly roads and river valleys to reach Machha Khola. Enjoy changing landscapes, traditional villages, and glimpses of the Himalayas along the Budi Gandaki River. Overnight in Machha Khola.

Day 4:

Following the Budi Gandaki River, the trail leads through Khorla Besi and the natural hot springs at Tatopani. After crossing several suspension bridges and forested paths, you'll reach the entry point of the restricted area at Jagat. Overnight in Jagat.

Day 5:

Today's trail passes through the villages of Philim and Pewa, lush bamboo forests, and terraced farmlands. You'll gradually ascend to reach the Tibetan-influenced village of Deng, a peaceful settlement near the Siyar Khola. Overnight in Deng.

Day 6:

Walk through dense forests, cross suspension bridges, and encounter mani walls as the trail gains altitude. The landscape turns alpine as you pass through Ghap and reach Namrung, a village with stone houses and great mountain views. Overnight in Namrung.

Day 7:

Today's trail passes charming Nubri villages, ancient monasteries, and terrace fields as you trek toward Lho. With its traditional Tibetan architecture and large monastery, Lho offers a cultural immersion and views of Mt. Manaslu. Overnight in Lho.

Day 8:

Leaving Lho, pass through the village of Shyala and marvel at panoramic views of Mt. Manaslu and nearby peaks. The trail leads you into the culturally rich village of Samagaun, the largest settlement in the upper Budi Gandaki Valley. Overnight in Samagaun.

Day 9:

Use this day to adjust to the altitude. You can take a challenging hike to Manaslu Base Camp (4,620m) or an easier one to Birendra Tal. Both options offer stunning views and help your body prepare for the higher elevations ahead. Overnight in Samagaun.

Day 10:

Today's shorter trek leads to Samdo, the last village before Larkya La Pass. You'll cross the Budi Gandaki once more and ascend gradually to this remote, Tibetan-style village near the Chinese border. Overnight in Samdo.

Day 11:

A relatively easy trek takes you to Dharmashala (also called Larkya Phedi), the base camp for Larkya La Pass. Due to the altitude, take it slow. After reaching the lodge, you can take a short hike in the area for acclimatization. Overnight in Dharmashala.

Day 12:

Start early for the most demanding yet rewarding day of the trek. The climb to Larkya La Pass (5,160m) is tough but offers stunning views of Mt. Manaslu, Himalchuli, Cheo Himal, and Annapurna II. After the pass, descend to Bhimthang, a scenic valley surrounded by glaciers and peaks. Overnight in Bhimthang.

Day 13:

The trail continues downhill through rhododendron and oak forests, passing through Gho and other small settlements. You'll re-enter lower elevation greenery and finally arrive at Tilje, a charming Gurung village. Overnight in Tilje.

Day 14:

After breakfast, take a local jeep from Tilje to Besisahar, then drive back to Kathmandu. The journey through winding mountain roads brings you back to city life. Upon arrival, check in to your hotel and relax. Overnight in

Kathmandu.

Day 15:

It is a contingency day in Kathmandu as a precaution to the Lukla Kathmandu sector flight. As the flight to High Mountain regions are highly dependent on weather conditions there might cancellation in flights due to bad weather. So contingency day helps us to ensure we don't miss the international flight. This day can be used for personal activities, shopping and also some sightseeing around the monument sites of Kathmandu valley.

Day 16:

After breakfast, you'll be transferred to Tribhuvan International Airport for your onward journey, concluding your incredible Manaslu Circuit adventure.

Route Map

16 Days

MANASLU CIRCUIT TREK



ALTITUDE CHART

