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1. Manaslu Circuit Trek

2. Overview

The Manaslu Circuit Trek in Nepal is one of the most beautiful and less-crowded off-the-beaten-path adventures in the Himalayas. On this journey, you will trek around Mount Manaslu, the eighth-highest peak in the world. The…

3. Itinerary

Day 01. Arrival in Kathmandu

Altitude: 1350 meters | Meals: Welcome Dinner | Stay: Hotel

As you arrive at Tribhuvan International Airport in Kathmandu, a friendly representative from High Route Adventure will be waiting to greet you at the arrival terminal. Look for our team holding a placard with your name for easy recognition. After a warm welcome, we'll transfer you in a private vehicle to your hotel in Thamel, the vibrant tourist hub of Kathmandu. Once checked in, you can relax and recover from your journey or explore the nearby streets filled with shops, cafes, and local culture. In the evening, we'll meet for a short trip briefing and preparation session, where you'll meet your guide and go over the trekking plan. We'll also help with any last-minute gear checks or shopping if needed. Overnight stay at a hotel in Kathmandu.

Day 2: Drive from Kathmandu to Machha Khola

Altitude: 700 meters | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

Today, early in the morning, after breakfast at your hotel, you will prepare to leave for Machha Khola. Our guide will pick you up from your hotel by taxi and take you to New Bus Park, Gongabu Bus Station. The bus usually departs early in the morning, between 6:00 AM and 8:00 AM, from Gongabu Bus Park(Machhapokhari). The journey will be around 8-10 hours to cover around 160 km. First, you travel from Kathmandu to Malekhu along the banks of the Trishuli River. From Malekhu, after a short break, you continue to Dhading Besi. From there, the route follows the Budhi Gandaki River, passing through Arughat, and finally continues toward Soti Khola. From Soti Khola, the road is off-road toward Machha Khola. Manaslu Circuit Trek **Note:** Travellers can reach Machha Khola by private vehicle instead travelling by bus to add comfort and flexibility by paying additional cost.

Day 3: Trek from Machha Khola to Jagat

Altitude: 1340 meters | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

Today, you will follow the twisting dirt pathway that will take you to the banks of the Budhi Gandaki River. The path emerges out towards the village of Khorlabensi, a small Gurung village located on the lower ridgelines of the river valley. The path follows the river from here, and you will cross a suspension bridge over the Budhi Gandaki to finally reach Dobhan, followed by Yaru. Just a few miles from Yaru lies Jagat. Overnight stay at the guesthouse in Jagat. Manaslu Circuit Trek

Day 4: Trek from Jagat to Deng

Altitude: 1860 meters | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

Today, you will be trekking on the path toward the village of Salleri, one of the first villages after Jagat, along the trail. From Salleri, the trail then descends towards Sirdibas and further branches out towards Philim. The river flows through the landscape once again, and the path flows beside it. The path then ascends towards the valley hills covered in rhododendron blossoms. Finally, you will reach the Deng. Overnight stay at the teahouse at Deng.
Manaslu Circuit Trek

Day 5: Trek from Deng to Namrung

Altitude: 2630 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

Your journey will begin with a slow descent to the Bhudi Ghandaki River's riverbed. The path then continues toward the Rana Gaon, which is packed with breathtaking scenery. Bhupedi and Gap will be our next destination. We will continue our tour after lunch at the Gap tea house. You will come across stunning waterfalls and rivers as you go through the verdant forest. As you continue to stroll, you will begin to see the region's Mani walls. You will then enter the Namrung village, which is dotted with mani walls, monasteries, and prayer flags, after exploring this. Overnight stay at the teahouse at Namrung. Namrung Village

Day 6: Trek from Namrung to Shyala Village

Altitude: 3500 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

It takes six to seven hours to get from Namrung Village to Syala Village. The trail climbs steadily and offers an exhilarating walk to the mountain's lap. Despite traveling through distinct communities, such as Lho village, we are still able to experience the local way of life, historic Buddhist monasteries, sceneries, and luminous mountains. There are many peaks in the enormous Lho town, as well as the greatest Buddhist monastery, Mount Manaslu, Buddhist Chhorten, and authentic homes. Surrounded by the majestic beauty of the Manaslu Himalayas, Shyala is a fantastic location where you can get up close and personal with Mount Manaslu. Overnight stay at the teahouse at Shyala Village. Manaslu Circuit Trek - 15 Days

Day 7: Trek from Shyala to Samagaon via Pyungen Monastery

Altitude: 3520 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

We have yet another exciting day on the Manaslu Circuit Trekking Itinerary from Syala. After breakfast, the hike starts at about eight in the morning. Four hours from Syala to Pyungen Gompa: The first 1.5 hours are particularly difficult. After that, it's flat terrain for a little bit. From Manaslu, the journey's best viewpoint, you can see the most breathtaking peak in this segment. The centerpiece of our excursion to Manaslu is this monastery, which is 600–700 years old. Overnight stay at the teahouse at Samagaon. Manaslu Circuit Trek

Day 8: Acclimatization day in Samagaon (Option: 5 hours or trek to Manaslu Base Camp, 6 hours)

Altitude: 3520 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

Today, we will take a rest day in Samagaon to acclimate our bodies to the high altitude before heading to the high altitude. On this day, we will do a short hike to nearby places following the "climb high, sleep low " policy. You will visit: **Birendra Lake (3,691m):** After breakfast at the tea house, you will hike for about 1.5–2 hours to Birendra Lake. The meltwater of the Manaslu Glacier forms this beautiful glacial lake. It is surrounded by snow-covered mountains, dense alpine forests, and glacial moraines, offering a peaceful and stunning Himalayan view. After spending some time here, you will descend back to the tea house, which takes around 1 hour, and stay overnight. Manaslu Base Camp **Special Note:** Most trekkers choose to visit Birendra Lake as it is an easy and short hike. However, there is also an optional challenging hike to Manaslu Base Camp at 4,800m, which takes around 7–9 hours round trip

Day 09: Trek from Samagaon to Samdo

Altitude: 3875 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

Today is a trek to the village of Samdo. You will follow the winding path that goes through alpine woods, which is home to a variety of wildlife. The forest also leads to a yak pasture, where you can see a long Mani stone wall embedded in the field. Leaving the tree line, you will climb to the ridge and walk under another Kani towards Samdo. Overnight stay at the guesthouse in Samdo. Manaslu Circuit Trek

Day 10: Trek from Samdo to Dharamsala

Altitude: 4460 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

From Samdo, you will follow a steady trail that leads to Dharamsala. Along the way, you will be trekking through woodlands that harbor many marmots. Occasionally, you can also spot a Pica scattering swiftly along the forest floor. Dharamsala sports a few stone houses to serve the travelers who are heading to the Larkya La Pass (5,106 m). Overnight stay at the lodge in Dharamsala. Dharamsala

Day 11: Trek from Dharamsala to Bimthang via the Larkya Pass

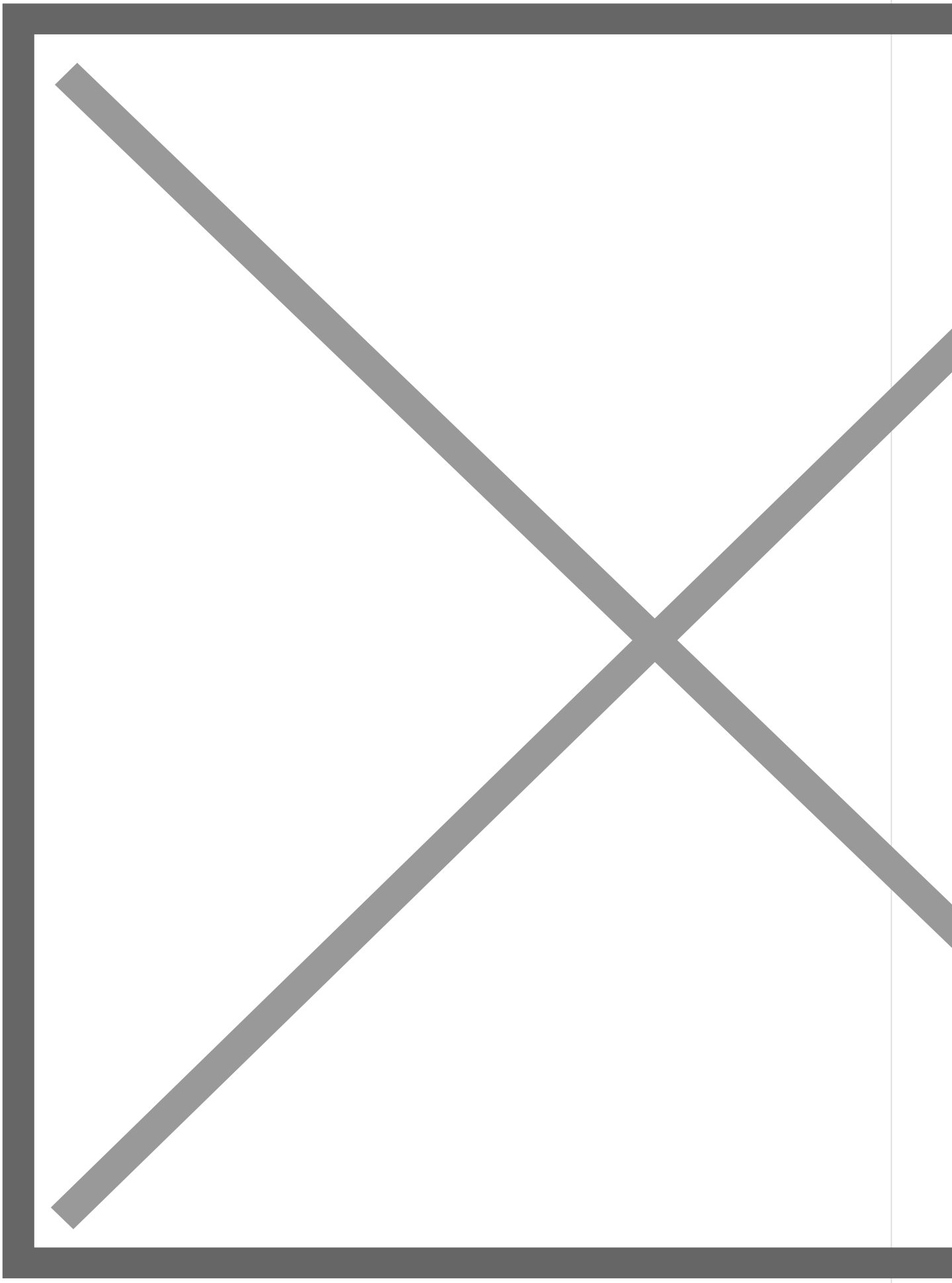
Altitude: 3590 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

This is an arduous day of trekking. You will wake up early in the morning to make your way towards the Larkya La Pass. With a steady climb, you will reach the top of the mountain pass that presents breath-taking views of the sprawling valley below, as well as the Manaslu (8,163m), Himlung (7,126m) near Tibet, and the Kang Guru Peak in the distance. After taking in the view, you will then descend the pass, slowly trudging along the trail, which is steep and rocky. After a steady 3 hours of descent, you will reach Bimthang. Overnight stay at the guesthouse at Bimthang. Bhimtang

Day 12: Trek from Bimthang to Tilije

Altitude: 2300 m | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

Today, you will climb downhill from Bimthang, walking through beautiful trans-Himalayan woods back to the Dudh Khola. Along the way, you can stop at the settlement of Kharche. From here, the trail becomes rough as it descends towards the Goa, a rather large Gurung village. Staying on the northern banks of the river, the path then finally reaches Tilije.



Day 13: Short hike to Dharapani and Drive to Kathmandu

Altitude: 1350 m | Meals: Breakfast | Lunch | Dinner | Stay: Hotel

After having a warm breakfast in the Tilije Hotel, you will pack all your belongings and prepare to leave for Kathmandu. Leaving Tilije village, you will you'll descend towards Dharapani. Today will be your last day of trekking on the Manaslu Circuit trek. Passing through the Gurung settlement and Tibetan-influenced village, you will arrive at Thoche village. Crossing the suspension bridge, you will arrive at Dharapani. From Dharapni, you will take a sharing jeep to Besisahar, and from Besisahar, you will take a private Jeep to Kathmandu. Horse In Manaslu Circuit

Day 14: Departure

Altitude: 1350 m | Meals: Breakfast

Approximately three hours before your scheduled flight, you will be dropped off at the airport for your departure.

5. Cost Includes

Domestic and International Airport Pickup and Drop-off Services:

- International airport pick-up service in a private vehicle
- International airport drop service in a private vehicle on the final departure

Accommodation Service

- Two nights' 3-star Hotel in Kathmandu (Twin Sharing, BB plan)
- Eleven nights' best available clean and comfortable teahouse accommodation during the trek

Trekking Permits

- Annapurna Conservation Area Project Permit (ACAP)
- Manaslu Conservation Area Project (MCAP)
- Special Permit for Manaslu Region
- Chumnubri Rural Municipality Entry Fee

Food Services

- 13 Times of Breakfast (Local and Continental Choice)
- 12 Times of Lunch (Simple and Light Lunch in Teahouse)
- 11 Times Dinner (Veg and Non-Veg Meals from the Local Teahouse)
- Welcome & Farewell dinner in Kathmandu

Guide & Porter Services

- English- speaking government- licensed Trekking Guide
- Oximeter - To determine your normal oxygen range
- All Meals for the guide
- Insurances for guide
- Well-paid salary as per Government rates
- A first-aid kit box carried by the team leader

Transportation & Others

- From Kathmandu to Machha Khola, by Public Bus
- From Dharapani to Besisahar by sharing a jeep & to Kathmandu, by Public Transport
- Down jacket and sleeping bag on request (to be returned after trek completion)
- The HRA Brand Company T-shirt and Baseball cap
- Duffel Bag for Porter (if you decide to have a porter)
- Manaslu trekking Maps
- High Route Adventure’s Appreciation Certificate after the successful trek
- All local and Government taxes, Administrative charges

6. Cost Excludes

- One Porter (1 porter can be used for 2 trekkers, carry up to 20 kgs) - Total costs USD $280
- Extra night accommodation in Kathmandu in case of early arrival or late departure
- Lunch and Dinner in Kathmandu
- Nepal visa fee
- Travel and medical insurance
- International flights
- Personal expenses (phone calls, internet, laundry, bar bills, snacks, battery recharge, bottled or boiled water, souvenirs, hot showers, Extra porter, etc.)
- Cold and Hot drinks during the trek
- Personal trekking gear and equipment
- Tips to the Guide and Porter (expected) 10% of the total trip cost (recommended)
- Any unseen expenses due to circumstances beyond our control

7. Equipment / Packing List

Contrary to popular belief, you don't require a lot of intricate gear and equipment for this journey. Here's a basic checklist of the vital elements you must remember to carry when heading for the Manaslu Circuit Trek:

Head

- Headlamp
- Sunglasses
- Sun hat or Scarf, woolen cap, or balaclava

Upper Body

- T-shirts or shirts
- Down jacket
- Wind/ waterproof light jacket
- Fleece jumper or jacket
- Inner and outer gloves

Lower Body

- Trekking pants and waterproof trousers
- Inner Thermal (top and trousers)

Feet

- Socks and underwear
- A sturdy pair of trekking boots with good ankle support

Accessories

- Rucksack or daypack (30 liters) with waterproof cover
- Sun protection cream, wet wipes, and hand sanitizer
- Towel, flip-flop or rubber sandal, toiletries
- Water bottles and water purification tablets
- Crampons and Gaiters
- Power bank and extra batteries
- 4-season sleeping bag
- Sleeping bag liner