

Manaslu Circuit Trek - 15 Days

Introduction

The Manaslu Circuit Trek is a journey into the untouched beauty of Nepal's remote Himalayas. Unlike the crowded trails of Everest and Annapurna, Manaslu offers raw adventure. Leading each step brings you closer to towering peaks, ancient monasteries, and traditional villages. Further, the trek encircles Mount Manaslu (8,163m), the world's eighth-highest mountain, following the historic salt trading route that once connected Nepal and Tibet.

This trek is about more than just reaching high passes and standing beneath massive peaks. It is about feeling the quiet of the mountains, walking through forests, and crossing roaring rivers. It is about sharing a warm cup of tea with the locals, listening to their stories, and understanding the rhythm of life in one of the most remote regions of Nepal.

The Journey Begins, From Kathmandu to the Wilderness

The adventure begins in Kathmandu, where the energy of the city contrasts sharply with the serenity of the mountains that await. A long but scenic drive takes us towards Machha Khola, passing riverside settlements, terraced farmlands, and hills that rise and fall like ocean waves. Also, the road, at times smooth and at times rugged, hints at the adventure ahead.

At the beginning, the trail follows the Budhi Gandaki River, lush forests, crossing high-suspension bridges, and passing through settlements where the Tibetan-influenced culture comes alive. Likewise, the journey takes us through Jagat, Deng, and Namrung, where each village tells its own story, prayer flags fluttering in the wind, children playing near chortens, and villagers going about their daily tasks with the mountains as their backdrop.

A Land of Culture, Nature, and Adventure

The forests and the landscapes open up, revealing Shyala and Sama Gaun. Moreover, Snow-capped peaks surround the valley like a protective wall, and the simplicity of life here is humbling. Also, the locals, dressed in traditional attire, welcome trekkers with warm smiles. The sight of Manaslu towering above the village reminds us of the grandeur of the Himalayas.

An acclimatization day in Sama Gaun allows time for exploration. It has options to hike to Manaslu Base Camp, Pungyen Gumpa, or Birendra Lake. Each of these places offers a different experience. Whether it's about walking on the moraines of glaciers, visiting a peaceful monastery, or resting by a lake that mirrors the surrounding peaks.

Beyond Sama Gaun, the trail enters true high-altitude terrain. The path to Samdo and Dharmasala is filled with wide yak pastures, glacial rivers, and rugged landscapes. The air gets thinner, the wind stronger, and the anticipation will be greater. As we prepare for Larke La Pass (5,106m), the highest point of the trek.

Larke La Pass, The Grand Crossing

Reaching the pass is a moment of triumph. An early morning start ensures we catch the first light of day as it hits the surrounding peaks. The climb is slow and steady, taking us closer to the prayer flags marking the top of the pass. We stand at 5,106m, surrounded by a 360-degree panorama of Himlung, Cheo Himal, Kang Guru, and Annapurna II. The exhaustion disappears, replaced by an overwhelming sense of achievement.

The descent takes us through Bimthang, where the landscapes shift again—glaciers behind us, green forests ahead. While the warmth of lower altitudes welcomes to final stretch of the trek. Then it brings us to Dharapani, a village where the trails of Manaslu and Annapurna meet. Eventually, from here, a scenic drive takes us back to Kathmandu, to the end of an adventure that will stay with us forever.

Trek Curator, Turning Treks into Lifetime Experiences

The Manaslu Circuit Trek is not just about reaching the highest points, crossing bridges, or following trails. It is about the feeling of being part of the mountains. The connection with the people who call these places home, and the moments of solitude where time seems to stand still. Trek Curator ensures that every step of this journey is safe, comfortable, and filled with experiences that make this trek unforgettable.

Are you ready to walk the ancient trails of Manaslu?



PRICE INCLUDES

- Airport transfers: Pick-up and drop-off from the airport in a private vehicle.
- Accommodation: Kathmandu 3 nights (twin-sharing BB basis)
- Ground transportation: Private vehicle or local bus from Kathmandu to Machha Khola and return from Dharapani to Kathmandu.
- Accommodation: Teahouse lodges during the trek (twin-sharing basis).
- Meals: Breakfast, lunch, and dinner during the trek, including tea/coffee.
- Guide & porters: Experienced, English-speaking trekking guide and porter (1 porter for every 2 trekkers).
- Permits & paperwork: Manaslu Restricted Area Permit, Manaslu Conservation Area Permit (MCAP), and Annapurna Conservation Area Permit (ACAP).
- Medical kit: A Basic first aid kit carried by the guide.
- Safety measures: Oximeter for altitude monitoring and emergency support.
- Duffle bag: A trekking duffle bag for use during the trip.
- Government taxes: All applicable government and local taxes.
- Accommodation in Kathmandu: Hotels before and after the trek (can be arranged upon request).

PRICE EXCLUDES

- International flights: Flights to and from Nepal.
- Nepal visa: Entry visa fees for Nepal.
- Personal expenses: Snacks, drinks, Wi-Fi, battery charging, and hot showers during the trek.

- Travel insurance: Mandatory insurance covering emergency evacuation and medical expenses.
- Trekking gear: Sleeping bags, poles, and down jackets (available for rent).
- Tips & gratitude: Tips for guides, porters, and staff (recommended but optional).



DETAILED ITINERARY

Day 1: Arrival in Kathmandu

With the willingness to dive into the adventure filled journey to the Manaslu Region of Nepal, you will land at the Tribhuvan International Airport. Just after landing, one of the representative from Trek Curator will greet and welcome you at the airport terminal. Once you meet the representative, you will be directed to the hotel you are staying in. You will meet our team and get brief introduction about your trip and we can explore around Thamel with a gratifying evening walk.

Since Manaslu is a restricted area and require issuing a restricted area permit, we will do the permit and document related procedures on this day. You will meet your guide, and the trekking crew while the permit and documents are getting ready. Upon completion of the document related procedures, we will explore the bustling city of Kathmandu. We will explore UNESCO World Heritage sites like Swoyambhunath and Kathmandu Durbar Square, as well as explore the local market – roaming around Ason, Indrachowk.

Day 2: Trek Preparation and Half-Day Kathmandu Sightseeing

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Day 3: Kathmandu to Machha Khola - Drive 930 m / 3,051 ft 7 hrs

After having our breakfast at the hotel, we will head towards our adventure-filled journey to the Manaslu region. It will be a scenic drive thru the Prithivi Highway until Malekhu - a place aside the famous Trishuli River which is a popular river for rafting. Our drive will continue alongside the river bank of Akhu Khola up to Salyantar - one the biggest as well as longest tar of Nepal. Afterwards, our journey will continue via a scenic but off-the-beaten path, crossing Budhi Gandaki River. Prior to the development and construction of roadway, this used to be a trekking trail, beginning from Arughat. However, since there is a road facility, we will drive up to Machha Khola via Arkhet, Soti Khola, and Lapu Besi.

Day 4: Maccha Khola to Jagat - 1,340 m /4,396 ft - 6 hrs

It is the day when the actual trekking to Manaslu Circuit kicks the start. We will be starting to trek on foot from this day, following the trail ahead of Budhi Gandaki River bank. On our way to Jagat, we will pass through settlements like Khorla Besi, which is a large settlement where the culturally rich Gurung ethnic group resides. Ahead from Khorla Besi, we will pass through a very popular natural hot-spring - Tatopani. The trail also under construction from here that would connect with the roadway to Tibet border. Passing through striking waterfalls, bushes, and small settlements, and the famous cantilever bridge we will reach the final destination for today and stay overnight at Jagat.

Day 5: Jagat to Pewa/Deng - 1,804 m / 5,918 ft - 6 hrs

After our breakfast, we will visit the police checkpoint for the permit entry and head towards Manaslu Conservation Area - home to hundreds of species and flora and fauna including some rare and extinct animals, birds, and vegetation. Today, we will

experience a lot of thrilling activities like crossing high-suspension bridges, exploring of lifestyle and culture of the locals, learning about traditional farming and agro-culture, and of course, sighting the alluring hills surrounding us. While we are on the way, we will pass through Philim Bazaar where there is the designated checkpoint for Manaslu Restricted Area Permit. While our guide will go through the procedure of submitting and verifying our permit, we will have a tea/coffee session at the local market in the gratifying village of Philim in the meantime. Then we will continue our trekking journey via terraced fields of Wheat and Barley, towards Ekle Bhatti which bisects the trail towards Manaslu and Tsum Valley. Since, our journey is towards Manaslu, we will head towards Nyak Phedi walking and walking through dense forest mixed with bamboo and other plants, whistling rivers, and cascading waterfalls, we will reach our final destination for today – Pewa/Deng.

Day 6: Pewa/Deng to Namrung - 2,630 m / 8,628 ft - 6 hrs

On the sixth day of our Manaslu Circuit Trek, we will realize the gentle rise in the altitude as we start noticing some alpine vegetation as we hike. Today will be the mingling of ascents and some descents and a journey that will make us feel like we are finally close to what our ultimate trekking objective is. After a few ascends and descends, we will reach the village of Bihi Phedi – a small village at the riverbank of the Budhi Gandaki River where the Tibetan-influenced cultural people reside. We will then gradually ascend towards Ghap village which is also an enchanting village. On our way ahead, we will see the Budhi Gandaki river water flowing through a big rock that is pierced by the force of water itself, which appears incredible. We will ascend further via bushes, make our way through apple orchards, and an ancient monastery, and reach the final destination for today. Upon reaching Namrung, we can sight a glorious vista of the Siringi Himal.

Day 7: Namrung to Shyala - 3520 m | 11,549 ft. - 4 - 6 hrs

Early the morning, we can take a sip of tea/coffee sighting the astounding vistas of Siring Himal and get ready for another day full of adventure and excitement. Our initial part of the trek today is followed by the hike through the lush green forest up to the settlement of Lihi. Ascending ahead with the enthralling trail, we can spot the local lifestyle, Tibetan scripted Mani Walls, Mani Wheels, Prayer Flags which rejoices our journey. And along the way we can also spot some animals like Yaks, Horse, Donkey, etc. along with alpine vegetation along the way as we pass through the settlements of Sho and Lho. After reaching Lho, we will be rewarded with the spellbinding view of Mt. Manaslu, the eighth-highest mountain in the world. The scenery is just beyond explanation as we sight it above the Monastery in the village which seems just like it is placed as a crown in the monastery. On our way ahead from Lho to Shyala, we can sight many other peaks including Siring Himal, Ganesh Himal, Himal Chuli, along with the gigantic Mt. Mansalu itself. And finally, passing the lush forests, we will finally reach Shyala and enjoy a 360 degree view from the top.

Day 8: Shyala to Sama Gaun - 3,530 m / 11,581 ft - 4 hrs

After almost a week of trekking, this is going to be rewarding day and rejuvenate for trekking ahead as we sight the snow-clad mountain surrounding us. The sunrise view and the 360 degree view from Shyala is beyond explanation.

After our rewarding breakfast, we will continue our journey for further exploration, and as we keep walking we will reach a picturesque suspension bridge which is a remarkable viewpoint. From here, the trail separates for Sama Gaun and Pungyen Gompa. Hence, we can have an option to visit Pungyen Gompa, a big monastery in the Manaslu region, and continue towards Sama Gaun from Pungyen Gompa via an alternative trail - which is

going to be a little longer. Or else, we can directly follow the trail to Sama Gaun and visit Pungyen Gompa the next day during our acclimatization day. If we follow the trail to Sama Gaun, we will walk through plain land and terraced fields where we can see a lot of Mani wheels, Mani walls, Tibetan style Chortens, Prayer flags, and typical and traditional-style Nepali houses - most of which are shattered by the 2015 Earthquake since it is in the same district and very close to the epicentre (Barkpak) of the Earthquake. There are many new and modern-style tea houses at Samagaon where we can have a proper rest after such a long and rewarding journey and rejuvenate with a hot shower at the lodges. To prepare our body and make it familiar with the surroundings as we keep gaining altitude, and still have to in the upcoming days, an acclimatization day is very crucial to prevent altitude-related illnesses. Therefore, we will spend a day with a side trip around Sama Gaun, in either one of the destinations of your choice among Manaslu Base Camp, Pungyen Gompa, or Birendra Lake. All these places are at a higher elevation and it helps our body to get familiar with the altitudes as we climb higher and sleep lower.

Day 9: Acclimatization Day (Day Trip to Manaslu Base Camp/ Pungyen Gompa/Birendra Lake) - 7 hrs

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Day 10: Sama Gaun to Samdo - 3,865 m / 12,680 ft - 3 hrs

Today is going to be somewhat different than the previous days as we will be walking at a higher altitude and keep gaining more and more. Though it is a short distance walk, we have to walk slowly and carefully – being hydrated and taking enough rest as today we will be leaving the treeline and reach the alpine level. We will be rewarded with the picturesque Yak Pastures, and valleys with mani walls, mani wheels, and prayer flags along the way while we can also sight various birds welcoming us with their beautiful song as we keep ascending. On our way, we will also notice a wooden bridge above Budhi Gandaki river, after crossing a ridge and we will reach the settlement of White Kani, a neighbouring village of our final destination where the Yak Herders reside. We can learn about their lifestyle, and culture which is mostly influenced by Tibetan Buddhism. After a gradual ascent, we will reach our final destination for today, and in the evening, we can also go for a short hike near Samdo Peak.

Day 11: Samdo to Dharmasala - 4,460 m / 14,632 ft - 4 hrs

Today's hike is going to be somewhat relaxed and laid-back than the previous few days as it is a short and rewarding journey. However, since we will be gaining a lot of altitude within a few hours, we should be careful with the body signs and altitude-related concerns.

As we start our trek, we will pass through Larke La Bazaar, a seasonal trade hub between Tibet and Nepal. From here, the trail splits towards Larke La Pass and Tibet Border. We will ascend further towards Dharmasala and prepare for the Larke La Pass for the next day which is the highest point of our trek. Here at Dharmasala, the accommodations are very basic and since there are only 3 basic tea-houses so far, a single room will be shared with 4-5 trekkers at this place.

Day 12: Dharmasala to Bimthang via Larkya Pass (5,106m) ,**Bimthang - 3,590 m / 11,778 ft - 10 hrs**

The most awaited and the most outstanding day of the Manaslu Circuit Trek is crossing the Larkya La Pass - the highest point of the trek. Therefore, it is going to be a satisfying day today. We will have a strenuous and elongated trek today, therefore, we shall wake up early in the morning and get ready before 4 AM to start the trek. As we keep ascending, we will ascend towards the pass across the moraine of the glaciers and we keep ascending, there is also a frozen lake which is mostly frozen in all seasons. Though it is challenging to ascend to the pass, the hike is certainly worthwhile and rewarding, with the eye-dazzling sceneries of various mountain ranges including Himlung (7,126m/ 23,379 ft), Tibet Kang Guru (6,981m /22,903 ft), and Annapurna II (7,937m / 26,040 ft), and the most satisfying moment is to see the golden rays of the sun striking them during sunrise - as we will be reaching the pass during sunrise. Finally, we will step at the elevation of 5,106m above sea level and enjoy the 360 degree view from the pass surrounded by mountains from all sides. We will have our photo session and enjoy the rewarding moment before we descend down towards Manang - a famous spot of the Annapurna Circuit Trek in the Annapurna Conservation Area. It is going to be a steep downward trek while we descend Phedi where we will have our lunch and head to Bimthang - a small valley surrounded by mountains. We can find a lot of cottages with good facilities for trekkers after such a strenuous journey from the pass.

Day 13: Bimthang to Dharapani - 1,970 m / 6.463 ft - 7 hrs

This is the last day of the trekking on foot which is certainly going to be remarkable. We will descend via lush bushes with various species of herbs and vegetation, especially Rhododendron, and walk across the Dudh Khola. As we keep descending, we will finally

reach Goa - the first village that we will find along the journey after descending from Samdo.

From here, we can see some terraces and farmlands as we keep descending towards Dharapani - our final destination, but the starting point for Annapurna Circuit Trek and Tilicho Lake Trekking.

Day 14: Dharapani to Kathmandu (Drive) - 1,300 m / 4,265 ft - 10 hrs

This is the last day of trek. On this day we will drive through jeep by watching the pleasing views of forests and river flowing beside the roads. The scenic views of mountains and the river flowing sounds will be really amazing. On this day we will organize a farewell and have a dinner together.

Day 15: Departure

On this day, before three hours of flight time we will move towards airport for departure.

ADDITIONAL INFORMATION

Permit and Visa

When planning a Manaslu Circuit Trek, you'll need several permits. First and foremost is the Manaslu Restricted Area Permit, which is mandatory for all trekkers in this controlled region. Solo trekking is not allowed, so you'll need to trek with a registered guide and through a licensed agency. Additionally, you'll require the Manaslu Conservation Area Permit to enter the conservation area. Once you cross Larke Pass into the Annapurna region, you'll also need the Annapurna Conservation Area Permit (ACAP). Don't forget about the TIMS card (Trekking Information Management System), which is essential for your safety and trekking records. Both the permits and TIMS card can be obtained through our registered trekking agency. Most nationalities can acquire a tourist visa upon arrival at Tribhuvan International Airport in Kathmandu, and for quicker processing, an online visa is available on the official Nepal Immigration website. Make sure you have a valid passport (with at least 6 months validity), passport-size photos, and the visa fee in cash (USD).

For Visa Information.

Transportation

To get from Kathmandu to Macchikhola, a private jeep or local bus ride typically takes around 7-9 hours. For added comfort and reliability, a jeep is recommended, although you can choose based on your budget and trip package. The same options are available for your return. Notably, internal flights are not used for the Manaslu Circuit.

Accommodation and Services

Along the trail, you'll find basic to moderately comfortable teahouses offering private rooms (twin sharing) with shared bathrooms. Accommodations at higher altitudes tend to be more basic. You can enjoy traditional Nepali meals like dal bhat, along with noodles, soups, Tibetan bread, pancakes, and a limited selection of Western dishes. Food options become simpler as you ascend. While Wi-Fi is limited in the region, NTC and Ncell networks function in lower areas, although connectivity weakens above Namrung. Most teahouses provide electricity and charging options, but you may need to pay a small fee for charging your devices, especially above Samagaun.

Best Season

The best time to trek is during autumn (September–November), when you'll experience stable weather, stunning mountain views, and comfortable temperatures. Spring (March–May) is also an excellent choice, with warmer weather and blooming rhododendron forests. Trekking in winter (December–February) can be challenging due to heavy snow and the risk of Larke Pass closures, but it's still possible. The monsoon season (June–August) is generally not advisable, as trails can be muddy, and you might encounter leeches, landslides, and poor visibility.

Booking Policy and Required Documents

It's highly recommended to book your trek in advance, especially during peak trekking seasons, to ensure you secure accommodation. You'll need a valid passport copy, travel insurance (which must include emergency helicopter evacuation), and passport-size photos for your trekking permits. To confirm your trek, a deposit of 20–30% is required, with the remaining balance due upon your arrival in Nepal.

For [Booking & Cancellation Policy](#): [click here](#)

Emergency Evacuation and Safety Tips

Altitude sickness can occur at elevations above 3,000 meters, so it's crucial to acclimatize properly and stay well-hydrated. Keeping contact numbers for your local guide and travel agency handy will

be useful. In case of an emergency, helicopter evacuation is available from Samagaun, Samdo, the Larke Pass area, and Bimthang, but this is only covered if it's included in your travel insurance. Your travel insurance should also cover high-altitude trekking (up to 4,500 m) and emergency evacuation. Basic health posts can be found in Samagaun, Lho, and Namrung, while more advanced medical facilities are located in Kathmandu for serious cases. If you experience symptoms like headaches, nausea, or dizziness, inform your guide immediately.



EQUIPEMENTS

Essential Trekking Gear

- Backpack (40–50L) with a rain cover
- Duffel bag (provided by the company for porters)
- Daypack (20–30L) for daily essentials

Clothing

- Base layers (moisture-wicking thermal top and bottom)
- Insulating layers (fleece or down jacket)
- Waterproof and windproof jacket and pants
- Trekking pants (convertible or quick-dry)
- Long-sleeve trekking shirts
- T-shirts (quick-dry)
- Warm gloves (inner and outer layers)
- Warm hat and sun hat
- Buff or scarf for dust and wind protection
- Warm socks (wool or synthetic)

Footwear

- Trekking boots (comfortable, waterproof, and well-broken-in)
- Camp shoes or sandals (for evenings)
- Gaiters (optional, for snow and dust protection)

Sleeping Gear

- Sleeping bag (-10°C to -20°C) (available for rent)
- Sleeping bag liner (optional for extra warmth)

Personal Accessories

- Sunglasses (UV protection)
- Sunscreen and lip balm (high SPF)
- Headlamp with extra batteries
- Water bottles (1L each) or hydration bladder
- Water purification tablets or filter
- Trekking poles (adjustable and lightweight)
- Quick-dry towel
- Personal toiletries and wet wipes
- Basic first aid kit (including altitude sickness medication)

Miscellaneous Items

- Snacks and energy bars
- Camera and power bank
- Notebook and pen (optional)
- Extra passport-size photos (for permits if needed)
- Cash (for personal expenses along the trek)