Manaslu Circuit Trek

DURATION: 14 DAYS

Trip Facts

Group Size 1 - 10 Persons

Trip Grade Basic

Accommodation Hotel, Guest House / Tea House

Max Height 5125 Metres

Start From Kathmandu

End At Kathmandu

Transportation Bus, Jeep, Car

Duration 14 Days

Meals included Breakfast, Lunch & Dinner Days

Best season:
March - May, September - November

Trip Overview

Manaslu Circuit Trek is a stunning trek through the beautiful Manaslu National Park, a UNESCO World Heritage Site. The trail offers spectacular views of the world's highest lake, **Tilicho Lake, at 4919 m**, a lush green forest of Rhododendron, and a kaleidoscope of butterflies. Depending on the site and weather, the trek can range from 10 to 14 days. The Manaslu Base Camp Trek is also a beautiful destination in Nepal, offering a unique experience compared to the more popular Everest Base Camp and Annapurna Circuit. Explore Treks offers a package for trekking the Manaslu Circuit Tours, including logistics, transportation, accommodation, and a professional trekking guide. The cost of the Manaslu Base Camp Treks is reasonable, ensuring a memorable and professional trek experience. The Manaslu Circuit Trek is a challenging and adventurous trekking route in Nepal, offering a less crowded alternative to the popular Annapurna and Everest regions. The trek starts in Soti Khola and follows the Budhi Gandaki River Valley, passing through picturesque villages and forests. The trek passes through the Manaslu Conservation Area, a rich biodiversity area with flora and fauna, and the Larkya La Pass, a high mountain pass with breathtaking views.

The Manaslu region is heavily influenced by Tibetan culture, with traditional Tibetan villages and monasteries. The trek typically takes 14 to 18 days to complete, with the best seasons being spring (March to May) and autumn (September to November). Proper acclimatization and preparation are crucial for a successful and safe trek. Trekking with a licensed agency and experienced guide is highly recommended for safety, support, and an enjoyable trek in the **Manaslu Circuit region**. The Manaslu Circuit trek offers breathtaking views of the majestic Himalayan peaks, including the eighth-highest mountain in the world, Mount Manaslu. The trail takes you through diverse landscapes, from lush green forests to barren high-altitude terrain. It is important to note that obtaining a restricted area permit is necessary for this trek, as it is a controlled area due to its proximity to the Tibetan border.

Trip Itinerary

Day 1 KATHMANDU – SOTIKHOLA (730 m)

8 Hrs | Breakfast, Lunch & Dinner | Guest House | Bus | 730 m

Today we drove around 8 hrs drive to Soti Khola to start our trip.

Day 2 SOTIKHOLA – LABUBESI / MACHHAKHOLA (870 m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 870 m

Today, we start trekking in the morning. And after crossing the bridge, the trek climbs up onto a ridge above the huge rapids of Budhi Gandaki and reaches Khorsaani. Then, the trail gets a bit precarious as it passes over a big rock and crosses a stream. The rocky trail then goes up and down through a large stand of nettles, passes tropical waterfalls, and again backs down to the bank of Budhi Gandaki before we reach Machhakhola.

Day 3 MACHHAKHOLA – JAGAT (1410 m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 1410 m

After a few more ups & downs, we reach Tatopani. From the hot spring climb on over a ridge to Dobhan. Crossing a suspension bridge over the Dobhan Khola, the trail climbs on a rugged trail to Duman. we climb the stone stairs and then drop to the river and again climb more stone stairs to Tharo Bharyang. Trek along the Budhi Gandaki river then climb towards the village of Jagat.

Day 4 JAGAT – NGYAK (1950 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 1950 m

The day begins by following the river bank again for the first hour up to Ghata Khola. We then cross to the eastern bank before ascending to Philim, one of the few large settlements on this route and home to the Manaslu Conservation Area Project office.

Day 5 NGYAK – GHAP (2050 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 2050 m

The trek takes us through a heavily forested area in a narrow valley until we reach the little settlement of Dang.

Day 6 GHAP – LHO (3148 m)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3148 m

Slowly and gradually we gain altitude and enter into the alpine territory. We also have increasing mountain views. On the way to Manrung, we find more Mani walls and three more crossings of the Budi Gandaki. Finally, we reach Lho where we will stay overnight.

Day 7 LHO – SAMAGAON (3517 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3517 m

Today, we resume the trek with a steep descent and a crossing of yet another rock-strewn torrent called Thusang Khola. You will realize that Manaslu and Himalchuli dominate the entire landscape. Then on, across the glacier-fed Numla Khola, the valley drops away to a moraine while we follow the ancient trans-Himalayan trail now just a few kilometers from Tibet.

Day 8 SAMAGAON – SAMDO (3738 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3738 m

Descend to the Budi Gandaki, which has turned north, and follow it to a bridge over a side stream. The trail to the left leads to the Manaslu Base camp. The Larkya la Trail passes several mani walls as the valley begins to widen. It is an easy trail on a shelf above the river passing the juniper and birch forests of Kermo Kharka. We drop off the shelf, cross the Budhi Gandaki on a wooden bridge and climb steeply onto a promontory between two forks of the river.

Day 9 REST DAY IN SAMDO (3738 m)

Breakfast, Lunch & Dinner | Tea House | 3738 m

Today, we will have full-day acclimatization at Samdo. We can explore the surrounding areas of Samdo today and stay here tonight.

Day 10 SAMDO – DHARAMSHALA (4480 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | 4480 m

Today's walk starts easily enough. We cross Budhi Gandaki for a final time and pause at the old stone wall of mani inscriptions bidding us well for progress over the past. The trail gradually rises through juniper and tundra with a viewpoint overlooking the Larkya La Glacier. The further climb will bring us to the memorable Spartan Larkya Rest House.

Day 11 DHARMASALA – BHIMTANG (3890 m) VIA LARKY LA PASS (5125 m)

7 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 5125 m

An early morning start is needed for what is to be a particularly tough and extended day. We start at approx. 4 am to avoid the gale-force wind which usually gains in strength after mid-day at the pass. After a long gradual climb alongside a moraine, we make a short descent to a glacial lake and reach the head of the moraine (4700m) which we cross to climb to the ridge top. Four frozen lakes lie below and then it is up to the crest of the Larkya La (5100m). The reward for these difficult trekking conditions is brilliant westerly views of Himlung Himal, Kangurru, and Annapurna II as well as the looming omnipresence of Manaslu. Well, the descent is hardly any easier; we drop around 650m in less than an hour.

Day 12 BHIMTANG – TILJE (3010 m)

6 Hrs | Breakfast, Lunch & Dinner | Tea House | Walking | 3010 m

The toughest days on the trail are behind us. We descend through meadows and through pine and rhododendron forest to reach Hampuk and then after dropping further following the course of the Dudh Khola we arrive at Karche and then onto the village of Gho. Keeping the west bank of the river, the afternoon is one of the gradual descents to the Gurung Settlement of Tilije which has a certain notoriety for apply brandy. We stay overnight in Tilije (2300m) at a local lodge.

Day 13 TILJE – SYAGE (1725 m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 1725 m

Trek goes along the Dudh Khola, a tributary of the Marsyangdi River, before arriving at the confluence in Dharapani. Today the trail runs gently downstream of the river passing the village of Syange where we stay overnight.

Day 14 SYANGE – KATHMANDU (1400 m)

8 Hrs | Breakfast, Lunch & Dinner | Hotel | Bus | 1400 m

After completing this wonderful Manaslu Circuit Trek, we today drive back to Kathmandu. After arriving in Kathmandu, in the evening, we will enjoy our farewell dinner party.

Cost Includes

- Accommodation in guesthouses/tea house /lodge with breakfast during the trek
- Government licensed, experienced English speaking guide
- One porter for 2 people
- Food, accommodation, salary, insurance, equipment, and medicine for all staff.
- All government taxes.
- One trekking map per person
- Permits and conservation fees
- Sleeping bags and Down jackets for the trek (should be refunded after the trek)
- Surace transportation.
- First aid kit
- Especially permit for Manaslu

Cost Excludes

- Your travel and rescue insurance.
- Nepal entry visa
- Tips for guide, porter, and driver.
- Beverage bills, bar bills, telephone bills, and Personal expenses.
- Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around $1.5 per kg)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)

- ✖ Optional trips and sightseeing if extended

Trip Map

