Manaslu Trek

DURATION: 11 DAYS

Trip Facts

Group Size 1-6 Persons

Trip Grade Moderate

Accommodation Hotel / Guest House / Homestay

Max Height 5106 Metres

Start From Kathmandu

End At Kathmandu

Transportation Bus / Car / Jeep

Duration 11 Days

Meals included Breakfast, Lunch & Dinner Days

Best season:
March - May, September - November

Trip Overview

Manaslu Trek is an 11–14-day journey around the world's eighth-highest mountain, Manaslu, offering stunning views, diverse landscapes, and rich culture. The highest point is Larkya La Pass, with the best seasons being spring and autumn. The trek offers a unique opportunity to experience the beauty of the Himalayas and immerse oneself in the rich culture of local communities. The highest point is Larkya La Pass, offering panoramic views of snow-capped peaks and rugged terrain. Trekkers can embark on the trek during the winter or monsoon seasons for a more secluded and budget-friendly experience. Manaslu Circuit Trek is an unforgettable journey that will impact the heart and soul.

However, some trekkers also choose to do the trek during the winter (**December, January, and February**) and monsoon (June, July, and August) seasons. These seasons are less crowded and cheaper than the peak seasons, but they also pose more challenges and risks. The winter season can be very cold and snowy, especially at higher altitudes, making the trek more difficult and dangerous. The monsoon season can be very wet and humid, causing landslides, leeches, muddy trails, and poor visibility. Therefore, depending on your preference, budget, experience, and physical condition, you can choose the best time to do Manaslu Trek. However, it is advisable to consult with a local specialist **before planning your trek** to get the latest information on weather, permits, trails, and safety.

Trip Itinerary

Day 01: Drive to Machha Khola (869m) from Kathmandu

8 Hrs | Breakfast, Lunch & Dinner | Guest House | Bus & Jeep | 869 m

Early morning, drive to Arughat to Maccha Khola, some 8 hours by bus, and then connect the jeep to Machha Khola or rent a private jeep for a more comfortable drive. After getting to Arughat we have a connecting local bus/jeep ride to Machha Khola, at the bank of Budhi Gandaki River. Overnight in trekking lodge.

Day 02: Trek to Jagat (1340m).

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 1340 m

After a few more ups & downs, we reach Tatopani. From the hot spring climb 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 03: Trek to Deng (1860m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 1860 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 04: Trek to Namrung (2630m)

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 2630 m

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

Day 05: Trek to Shayala/Sama Gaun (3520m)

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3520 m

Continuing from Namrung the trek climbs steadily into the alpine where you'll see a first stunning glimpse of Manaslu North and Manaslu. From this point on many of the locals dress in traditional Tibetan clothing called chubas. Still keep going to Sama Gaun through the villages of Shyo, Lho, and Shyala. This will be a long day of 7-8 hours walk. Overnight in Sama Gaun.

Day 06: Rest and acclimatization day at Shayala/Sama Gaun (3500)

Breakfast, Lunch & Dinner | Guest House | 3500 m

Rest day to get physically acclimatized. We can spend the day exploring surroundings such as Pung Gyen Ghumpa Birendra Taal (lake), Buddhist monasteries, Samagaun, a big Tibetan cultured community, and a side trip to Pun Gyen Gompa or Manaslu Base Camp but both side trips require almost a full day for each. We will see a marvelous view of Manaslu.

Day 07:Trek to Samdo (3860m).

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3860 m

This is a short day to allow you to better adjust to the altitude. Here is a land of yaks, plentiful marmots, and pastures where only barley and potatoes can grow (due to the high elevation) and where we finally depart to above the tree line. A pleasant walk brings us to the picturesque village of Samdo –a town known for its yak herding. Samdo is also at the convergence of 3 valleys and is only a day's walk from Tibet. You are quite likely to see traders coming from the valley carrying Chinese and Tibetan goods. Stay overnight at Samdo.

Day 08: Trek to Larke Rest home aka Dharmasaala (4460m).

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 4460 m

Continuing on from Samdo follow along a wide, broad path, crossing the Bhuri Gandaki River and traversing along a mani wall. Continue climbing over the Larkya Glacier until coming to a ridge that offers grand views of a huge gorge. We will spend the night here, before embarking on the high Larkya La the next morning. Overnight at Dharmasaala.

Day 09: Trek to Bimtang (3750m) via Larke Pass (5160m).

9 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 5160 m

Today; it is a demanding walk, though not technically difficult trek over the Larkya La at a breathtaking 5160m. From Larkya Phedi, cross the glacial moraine and pass four frozen lakes as you make your way to the pass. It takes approximately 5 hours to reach this point. From here you can see incredible views of Himlung Himal (7,126m), Cheo Himal (6,820m), Gyaji Kung (7,030m), Kang Guru (6,981m), and Annapurna II (7937). Begin your descent down a trail along a steep gully. Eventually, the trail peters out into the more level area of the grassy moraine. The valley opens up as you continue your descent to Bimthang and we'll overnight here.

Day 10: Trek to Dharapani (1963m)

7 Hrs | Breakfast, Lunch & Dinner | Guest HOuse | Walking | 1963 m

Cross a glacial stream and climb over the side of the moraine descending into a spectacular forest of rhododendron and impressive pines, with a view of Manaslu providing an equal amount of splendor. Descend down towards the Dudh (milk) Khola then continues through a more agricultural landscape until reaching the village of Goa, Tilje, and finally down to Dharapani.

Day 11: Drive to Besi Sahar – Kathmandu

8 Hrs | Breakfast & Lunch | Hotel | Jeep & Bus | 1400 m

After our breakfast, we will catch a local jeep/Hice or bus get a bus to Beshisahar, connect to the local Hiace van drive to Kathmandu. This is will be a long day's drive. Extending a night and staying overnight in Besi Sahar allows you to travel relaxingly to Kathmandu. Transfer to hotel in Kathmandu. Overnight in Kathmandu.

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)
- Surface 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, or early return from the 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

