Manaslu Circuit Trek

Nepal / Kanchenjunga, Dhaulagiri Region | Trekking package



Your journey at a glance

Duration: 18 days

Trip grade: Challenging

Maximum altitude: 5106 m

Best season: March - May; September - November

Group size: 1 - 20

Route: Kathmandu - Kathmandu

Price from: USD 1,900.00 per adult

Accommodation: Deluxe hotel in Kathmandu; tea house, lodge or camping during the trek

Transportation: Road transportation from Kathmandu to Arughat and from the Manaslu trail to Kathmandu; trekking

Meals: Breakfast, lunch and dinner during the trek as specified in the package inclusions

Package overview

Manaslu is a popular trekking destination in the Manaslu region of Nepal. This remote and relatively untouched natural valley lies near the border between Nepal and Tibet. The trek offers views of the mountains, a combination of rich cultural heritage, adventure, natural beauty and biological variety, as well as cultural diversity and countryside scenery.

Mount Manaslu (8,153 m / 26,748 ft) is the eighth-highest mountain in the world. The name “Manaslu” means “the spirit mountain” in the local dialect, referring to the benevolent strong deity believed to dwell within the mountain. The Manaslu Circuit is an adventure through villages, river valleys, high mountain settlements and the Larkya La Pass.

Accommodation optionPrice per person

Tea HouseUSD 1,900

CampingUSD 2,400

Day-by-day itinerary

Day 1 - Arrival in Kathmandu

Arrive at Kathmandu airport and transfer to the hotel at approximately 1,350 m. In the evening, attend the trek briefing and a welcome dinner at a Nepali cultural restaurant.

Meals: Welcome dinner
Accommodation: Hotel in Kathmandu
Altitude: 1,350 m
Travel time: Airport transfer

Day 2 - Kathmandu sightseeing and trek preparation

After breakfast, visit Pashupatinath, Boudhanath and Swayambhunath. After lunch, make preparations for the trek.

Meals: Breakfast
Accommodation: Hotel in Kathmandu
Altitude: Kathmandu
Travel time: Sightseeing by vehicle

Day 3 - Drive from Kathmandu to Arughat

After breakfast, drive for approximately seven hours from Kathmandu to Arughat Bazaar. The route follows the Kathmandu–Pokhara Highway before turning towards Gorkha and continuing over a rough road to Arughat.

Meals: Breakfast, lunch and dinner as stated in the itinerary
Accommodation: Tent camp in Arughat
Travel time: Approximately 7 hours by road

Day 4 - Trek from Arughat to Soti Khola

Begin walking through lush valleys and rice paddy fields, following the Budhi Gandaki River. Climb over Kyoropani, descend to the junction of the Budhi Gandaki and Sundi Khola, and camp overnight at this spot. The source itinerary gives approximately six hours of walking.

Meals: Breakfast, lunch and dinner
Accommodation: Tent camp
Walking / trekking: Approximately 6 hours

Day 5 - Trek from Soti Khola to Machha Khola

Follow the narrowing trail through densely forested hillsides and small villages. Pass Lapubesi, descend to the riverbed and continue along the wide, sandy path, with occasional climbs, towards Machha Khola.

Meals: As per trek meal plan
Accommodation: Camp near Machha Khola

Day 6 - Trek from Machha Khola to Jagat

Cross Machha Khola and walk upstream towards Khola Bensi. Continue along the steep valley sides, cross a suspension bridge, pass Doban and Lauri, and cross the river again before climbing to Jagat.

Meals: As per trek meal plan
Accommodation: Camp at Jagat

Day 7 - Trek from Jagat to Deng

Descend towards the river by stone steps and climb a terraced hillside. Stop at Saguleri for views of Sringi Himal (7,187 m), cross the river several times and continue uphill to Deng. The source itinerary estimates approximately seven hours of trekking.

Meals: As per trek meal plan
Accommodation: Camp at Deng
Walking / trekking: Approximately 7 hours

Day 8 - Trek from Deng to Ghap

Continue via Lana village. Pass mani stones carved with Buddhist prayers, marking the Tibetan-influenced cultural area, and reach Ghap after approximately four hours.

Meals: As per trek meal plan
Accommodation: Camp at Ghap
Walking / trekking: Approximately 4 hours

Day 9 - Trek from Ghap to Lho Gaon

Cross the Buri Gandaki River three more times and continue towards the alpine area. Pass Namrung, where special permits are checked, and the pasture lands and stream originating from Lidanda Glaciers. Continue via Sho village, at approximately 3,000 m, to Lho Gaon.

Meals: As per trek meal plan
Accommodation: Camp at Lho Gaon
Altitude: 3,150 m

Day 10 - Trek from Lho Gaon to Sama Gaon

Climb further towards Sama Gaon, with views of Peak 29. Camp at Sama Gaon or continue approximately half an hour further to Sama Gompa.

Meals: As per trek meal plan
Accommodation: Camp at Sama Gaon or Sama Gompa
Altitude: 3,500 m

Day 11 - Acclimatization day at Sama Gaon

Spend the day acclimatizing at Sama Gaon. An optional hike to Manaslu Base Camp takes approximately three hours each way as described in the source; otherwise, spend the day resting in Sama Gaon.

Meals: As per trek meal plan
Accommodation: Camp at Sama Gaon
Walking / trekking: Optional hike to Manaslu Base Camp: approximately 3 hours outward and 2 hours to return to Sama Gaon

Day 12 - Trek from Sama Gaon to Samdo

From Sama Gompa, continue towards Samdo, a settlement near the Tibet border. Enjoy the surrounding mountain scenery and time to rest.

Meals: As per trek meal plan
Accommodation: Camp at Samdo

Day 13 - Trek from Samdo to Dharmasala

Follow the Budhi Gandaki stream towards Sumdu, described as one of the last thriving villages on the trail. Continue past the ruined Larkya Bazaar to Larkya Lodge, also known as Dharmasala, at approximately 4,450 m.

Meals: As per trek meal plan
Accommodation: Camp at Dharmasala
Altitude: 4,450 m

Day 14 - Cross Larkya La Pass and trek to Bhimtang

Ascend from Dharmasala through an ablation valley with views of Larkya Peak. Climb through the moraines to Larkya La Pass, listed at 5,300 m in the itinerary, with views of Annapurna II, Cheo Himal and Himlung Himal. Descend through snow and moraines via Tanbuche to Bhimtang.

Meals: As per trek meal plan
Accommodation: Camp at Bhimtang
Altitude: Larkya La Pass: 5,300 m

Notes: The package heading lists a maximum altitude of 5,106 m / 16,752 ft.

Day 15 - Trek from Bhimtang to Goa

Descend towards Goa. Follow the trail across a bridge at Dudh Khola, through rhododendron areas and past Karche. Continue via Thonje, cross the Marsyangdi River and join the Annapurna Circuit trail before reaching Goa.

Meals: As per trek meal plan
Accommodation: Camp at Goa

Day 16 - Trek from Goa to Tal

Trek from Goa to Tal village, described in the source as a village located where a lake once existed.

Meals: As per trek meal plan
Accommodation: Camp / lodge at Tal

Day 17 - Drive from Tal to Kathmandu via Besisahar

After breakfast, drive from Tal to Kathmandu via Besisahar. The source describes a rough off-road section along the Marsyangdi River, followed by the highway route via Dumre. The itinerary also mentions a stop at Manakamana Temple by cable car, then transfer to the hotel in Kathmandu and a farewell dinner.

Meals: As arranged; farewell dinner in Kathmandu
Accommodation: Hotel in Kathmandu
Altitude: Kathmandu: approximately 1,350 m
Travel time: Approximately 7 hours by road as stated in the source; optional cable car stop at Manakamana

Day 18 - Departure from Kathmandu

After breakfast, transfer for departure. The trip concludes.

Meals: Breakfast
Travel time: Airport transfer

What is included

- All airport and hotel transfers by private tourist vehicle.

- Three nights in a deluxe hotel in Kathmandu with breakfast.

- Bus transportation from Kathmandu to Arughat and from Syange to Kathmandu, as listed in the supplied inclusions.

- Manaslu Conservation Area Permit.

- Annapurna Conservation Area Permit.

- Special Manaslu trekking route permit.

- Fourteen nights in standard mountain lodges or homestays during the trek.

- Accommodation and three meals per day during the trek (breakfast, lunch and dinner).

- An experienced English-speaking trekking guide and Sherpa porters to carry luggage (two trekkers to one porter), including their salary, transportation, insurance, equipment and lodging.

- Trekking equipment, including a sleeping bag and down jacket.

- A comprehensive medical kit.

- All government and local taxes.

What is excluded

- Personal expenses such as laundry, bar bills, battery recharge, extra porters, bottled or boiled water, showers, heaters and phone calls.

- Travel insurance and rescue operation.

- Personal trekking equipment.

- Tips for guides and porters.

- Food and extra hotel nights in Kathmandu due to an early return from the trek or an extended stay in Nepal.

- Additional trips or tours in Kathmandu.

- International flight tickets.

Plan your journey

Prices, itinerary and availability may change. Contact our team to confirm travel dates, inclusions and final pricing.

https://ojhaholidays.com.np/package/manaslu-circuit-trek