



## Manaslu Circuit Trek

A wild, remote circuit around Manaslu (8,163 m), the world's eighth-highest mountain. Opened to trekkers only in 1991, this restricted area keeps its authentic Nubri and Tsum Tibetan culture, ancient monasteries and dramatic river gorges. The 14-day route climbs from the Budhi Gandaki valley to the Larkya La pass (5,106 m) and descends into the Annapurna region, with far fewer trekkers than the classic routes.

| DURATION       | DIFFICULTY       | MAX ALTITUDE   | GROUP SIZE  |
|----------------|------------------|----------------|-------------|
| <b>14 days</b> | <b>Strenuous</b> | <b>5,106 m</b> | <b>2-12</b> |

### HIGHLIGHTS

- Cross the Larkya La pass (5,106 m)
- Close views of Manaslu, the world's 8th-highest peak
- Tibetan-Buddhist villages of Lho, Samagaun and Samdo
- Dramatic Budhi Gandaki river gorge
- A restricted area with few other trekkers
- Optional hike to Manaslu Base Camp or Pungyen Gompa

## AT A GLANCE

|    |                          |         |     |                        |          |
|----|--------------------------|---------|-----|------------------------|----------|
| 1. | Hotel in Kathmandu       | 1 night | 7.  | Teahouse in Samagaun   | 2 nights |
| 2. | Teahouse in Machha Khola | 1 night | 8.  | Teahouse in Samdo      | 1 night  |
| 3. | Teahouse in Jagat        | 1 night | 9.  | Teahouse in Dharamsala | 1 night  |
| 4. | Teahouse in Deng         | 1 night | 10. | Teahouse in Bimthang   | 1 night  |
| 5. | Teahouse in Namrung      | 1 night | 11. | Teahouse in Dharapani  | 1 night  |
| 6. | Teahouse in Lho          | 1 night | 12. | Hotel in Kathmandu     | 1 night  |

Highest point: 5,106 m

## DAY BY DAY

1

### Arrive in Kathmandu (1,400 m)

Airport pick-up and hotel check-in. We use this day to finalise your restricted area permit, so please bring your passport.

1,400 m · Meals: Dinner · Overnight: Hotel in Kathmandu

2

### Drive to Machha Khola (930 m)

A long drive west via Arughat into the Budhi Gandaki valley.

930 m · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Machha Khola

3

### Trek to Jagat (1,340 m)

Follow the river past the hot springs of Tatopani and cross suspension bridges to Jagat, where the restricted area begins.

1,340 m · 6 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Jagat

4

### Trek to Deng (1,860 m)

Walk through a narrow gorge with waterfalls and bamboo forest, passing the turn-off to the Tsum valley.

1,860 m · 6 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Deng

5

### Trek to Namrung (2,630 m)

Cross the river several times and climb through forest to Namrung, where the first views of the high peaks appear.

2,630 m · 6 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Namrung

6

**Trek to Lho (3,180 m)**

Enter the Nubri region with its mani walls and barley fields. Lho has superb views of Manaslu and a large monastery.

3,180 m · 4 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Lho

7

**Trek to Samagaun (3,530 m)**

A short walk via Shyala to Samagaun, a large Tibetan-style village at the foot of Manaslu.

3,530 m · 3 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Samagaun

8

**Acclimatisation day in Samagaun**

Hike to Pungyen Gompa or towards Manaslu Base Camp and Birendra Lake, then return to Samagaun.

4,000 m · 5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Samagaun

9

**Trek to Samdo (3,875 m)**

An easy walk along the valley to Samdo, the last village before the pass, close to the Tibetan border.

3,875 m · 3.5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Samdo

10

**Trek to Dharamsala (4,460 m)**

A short climb to the stone huts of Dharamsala (Larkya Phedi), the base for the pass crossing.

4,460 m · 4 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Dharamsala

11

**Cross Larkya La (5,106 m), descend to Bimthang (3,720 m)**

Start before dawn to cross the pass, with views of Himlung, Cheo Himal and Annapurna II, and descend to the meadows of Bimthang.

5,106 m · 9 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Bimthang

12

**Trek to Dharapani (1,860 m)**

Descend through rhododendron forest and farmland to join the Annapurna Circuit trail at Dharapani.

1,860 m · 7 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Dharapani

13

**Drive back to Kathmandu**

A long drive back to Kathmandu by jeep and coach. Farewell dinner in the evening.

1,400 m · Meals: Breakfast, Dinner · Overnight: Hotel in Kathmandu

14

**Departure**

Transfer to the airport for your flight home.

1,400 m · Meals: Breakfast

## WHAT'S INCLUDED

---

### Included

- Airport pick-up and drop-off in a private vehicle
- Hotel nights in Kathmandu/Pokhara on a twin-share basis with breakfast
- Teahouse (lodge) accommodation on the trek, twin share
- Breakfast, lunch and dinner every day on the trek
- Government-licensed, English-speaking trekking guide
- Porter service (one porter for two trekkers, up to 20 kg)
- Wages, meals, lodging and insurance for guide and porters
- All national park or conservation area permits and local fees
- Ground transport and domestic flights as per the itinerary
- Down jacket and sleeping bag on loan for the trek
- First-aid kit and pulse oximeter carried by your guide
- Farewell dinner with the Tripnep team

### Not included

- International flights and Nepal visa fee
- Travel insurance with high-altitude helicopter rescue cover (required)
- Lunch and dinner in Kathmandu and Pokhara
- Hot showers, Wi-Fi, battery charging and drinks in teahouses
- Tips for your guide and porter
- Extra nights caused by weather, flight delays or leaving the trek early

## GOOD TO KNOW

---

### Permits

You need the Manaslu Restricted Area Permit, the Manaslu Conservation Area permit and the Annapurna Conservation Area permit. All are included and arranged by us; please send a copy of your passport when booking.

### Accommodation and food

On the trek you stay in local teahouses: simple, clean lodges with twin rooms and shared bathrooms in the higher villages. Meals are freshly cooked, from dal bhat to pasta and soups. In Kathmandu and Pokhara you stay in comfortable tourist-class hotels.

### Fitness and health

A good level of fitness makes the trek much more enjoyable. Tell us about any medical conditions when you book, so your guide is prepared. Drink plenty of water, walk at a steady pace and avoid alcohol at altitude.

### Payment

Send a booking request with your preferred date. We confirm availability within 24 hours and send you the payment details with your confirmation. Your place is secured once the deposit is received; the balance is due before the trip starts.

## QUESTIONS TRAVELLERS ASK

---

### Can I do the Manaslu trek alone?

Nepal's rules require at least two trekkers and a licensed guide in the Manaslu restricted area. Solo travellers are welcome: we pair you with another trekker on the same dates, or the second permit can be arranged at extra cost.

### How remote is the Manaslu Circuit?

Lodges are simpler than on the Annapurna and Everest trails and there are fewer shops, but every night is spent in a teahouse. Mobile signal is limited in the upper valley.

### Do I need previous trekking experience?

No technical experience is needed, but you should be fit enough to walk 5–7 hours a day for several days in a row. We recommend regular hiking, running or cycling for 6–8 weeks before your trip.

### When is the best time to trek in Nepal?

Spring (March–May) and autumn (late September–November) bring the clearest views and stable weather. Winter (December–February) is quieter and colder; the monsoon (June–August) brings rain and cloud, but some valleys stay pleasant.

### How do you deal with altitude sickness?

Our itineraries follow a gradual ascent with acclimatisation days. Your guide checks how you feel and your oxygen level every day, carries a first-aid kit, and will turn around or arrange evacuation if needed. Your safety always comes before reaching the top.

### Is travel insurance required?

Yes. Your policy must cover trekking up to the maximum altitude of your trek, including emergency helicopter evacuation and medical treatment. Please send us your policy details before departure.

### Can I trek privately or on my own dates?

Yes. Every trek can run as a private trip on the date you choose, for solo travellers, couples, families and groups. Ask us if you would like to add extra days, upgrade hotels or combine treks.

#### Dates, prices and booking

[tripnep.io/tours/manaslu-circuit-trek](https://tripnep.io/tours/manaslu-circuit-trek)

Questions? [hello@tripnep.io](mailto:hello@tripnep.io)