

Manaslu Circuit Trek – 15 Days (15)

Overview

- **Country:** Nepal
 - **Duration:** 15
 - **Trip Grade:** Moderate to Challenging
 - **Maximum Altitude:** 5,106 m (Larkya La Pass)
 - **Starts:** Kathmandu
 - **Ends:** Kathmandu
 - **Group Size:** Minimum 2 trekkers
 - **Best Time:** Spring (Mar–May) & Autumn (Sep–Nov)
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- Cross the thrilling Larkya La Pass (5,106 m) with stunning views of Mount Manaslu.
 - Enjoy peaceful trails away from the crowds of Everest Base Camp.
 - Walk through rivers, forests, villages, and snowy mountain landscapes in Nepal.
 - Experience authentic Tibetan culture, monasteries, and traditional Himalayan life.
 - Perfect mix of adventure, culture, and breathtaking mountain scenery.

When To Visit

- **January:** Average
- **February:** Average
- **March:** Best
- **April:** Best
- **May:** Best
- **June:** Average
- **July:** Average
- **August:** Average
- **September:** Best
- **October:** Best
- **November:** Best

- **December:** Average

Itinerary

Day 1: Day 1: Arrival in Kathmandu (1,400 m)

Welcome to Kathmandu! After you land, our team will be there to pick you up and take you to your hotel. Once you've checked in, you can rest or explore the lively streets, local markets, and nearby temples. In the evening, we'll have a trek briefing and gear check so you're fully prepared for the days ahead.

Accommodation: Hotel

Meals: Welcome Dinner

Day 2: Day 2: Stay in Kathmandu (1,400 m)

Rest day and possibility of a sightseeing tour if you would like to see around Kathmandu. Trek briefing. And we need your original passport with Nepal visa stamp for make restricted area (special permit) of Manaslu.

Accommodation: Hotel

Meals: Breakfast and Dinner

Day 3: Day 3: Drive to Machha Khola (930 m) - 8-9 Hours

Today we begin with an adventurous drive east from Kathmandu. The road winds through hills, rivers, and peaceful villages, giving you a taste of rural mountain life. After about 8-9 hours of travel, we reach Machha Khola, our first stop on the trail.

Altitude Change: -470 m

Accommodation: Teahouse

Meals: Breakfast, Lunch, Dinner

Day 4: Day 4: Trek to Jagat (1,340 m) - 6-7 Hours

Your trekking adventure starts today! We walk alongside the Budhi Gandaki River, cross suspension bridges, and pass small riverside communities. The terrain rises gently, making this a comfortable introduction to the trek.

Altitude Gain: +410 m

Walking Hours: 6-7

Accommodation: Teahouse

Day 5: Day 5: Trek to Deng (1,860 m) - 6-7 Hours

The valley narrows and becomes more dramatic as we continue. You'll notice waterfalls and steep cliffs as you walk into the heart of the Manaslu region. This is when the real mountain adventure begins.

Altitude Gain: +520 m

Walking Hours: 6-7

Day 6: Day 6: Trek to Namrung (2,630 m) - 6-7 Hours

Today's walk leads uphill with broader mountain views. Tibetan Buddhist influence becomes more visible, with prayer wheels and mani walls along the trail. Each step brings you closer to high mountain terrain and traditional Himalayan life.

Altitude Gain: +770 m

Walking Hours: 6-7

Day 7: Day 7: Trek to Lho (3,180 m) - 4-5 Hours

It's a shorter day today, allowing you to enjoy stunning views of Mount Manaslu. Lho village offers a peaceful atmosphere, and you may have time to visit the beautiful Ribung Monastery before sunset.

Altitude Gain: +550 m

Walking Hours: 4-5

Day 8: Day 8: Trek to Samagaon (3,530 m) - 4-5 Hours

The trail opens into a wide, scenic alpine valley. Samagaon is one of the most picturesque villages on the route, surrounded by snowy peaks and mountain air. Today's trek feels lighter and more rewarding.

Altitude Gain: +350 m

Walking Hours: 4-5

Day 9: Day 9: Acclimatization Day at Samagaon (3,530 m)

This is a rest and acclimatization day to help your body adjust to higher altitude. You can relax in the village or take an optional hike to **Manaslu Base Camp** or **Birendra Lake** for even more breathtaking views.

Day 10: Day 10: Trek to Samdo (3,860 m) - 4 Hours

You continue climbing gently through open mountain landscapes toward Samdo, a village near the Tibetan border. The scenery feels wild and remote, making this a memorable part of the trek.

Altitude Gain: +330 m

Walking Hours: 4

Day 11: Day 11: Trek to Dharamsala (4,460 m) - 4-5 Hours

Today's walk brings you closer to the high alpine environment as you prepare for the biggest challenge of the trek. The landscape becomes rocky, open, and dramatic as you move toward Dharamsala.

Altitude Gain: +600 m

Walking Hours: 4-5

Day 12: Day 12: Cross Larkya La Pass (5,106 m) - 8-9 Hours

This is the highlight and most challenging day of the trek! Starting early in the morning, you climb to **Larkya La Pass**, reaching the highest point of the journey at 5,106 m. The views from the top are breathtaking and unforgettable. After celebrating this achievement, you descend to Bhimthang for a well-deserved rest.

Highest Point: 5,106 m

Walking Hours: 8-9

Day 13: Day 13: Trek to Dharapani (1,960 m) - 6-7 Hours

Today is mainly a downhill day through scenic forests and green meadows. The atmosphere feels calmer as you descend into the Annapurna region and enjoy changing landscapes.

Walking Hours: 6-7

Day 14: Day 14: Drive to Kathmandu - 8-9 Hours

After finishing the trek, enjoy a scenic drive back to Kathmandu. The route offers beautiful views of hills and rivers. The evening is yours to relax, celebrate, or explore the city.

Day 15: Day 15: Final Departure

Today is your last day in Nepal. Our team will transfer you to the airport for your onward journey. We hope you leave with unforgettable memories and a desire to return for more adventures.